



THE *
HOUSEKEEPER
COOK BOOK.



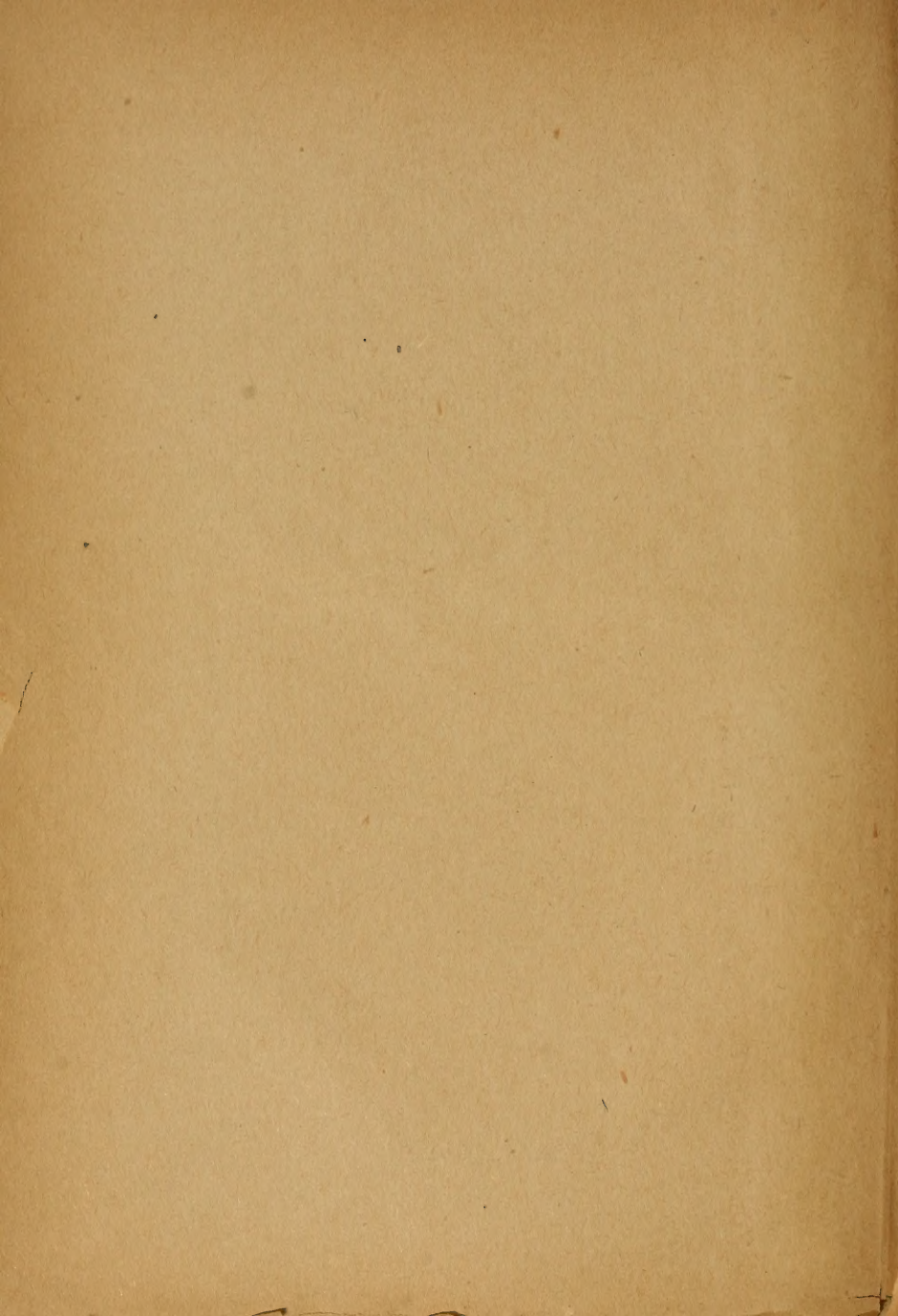
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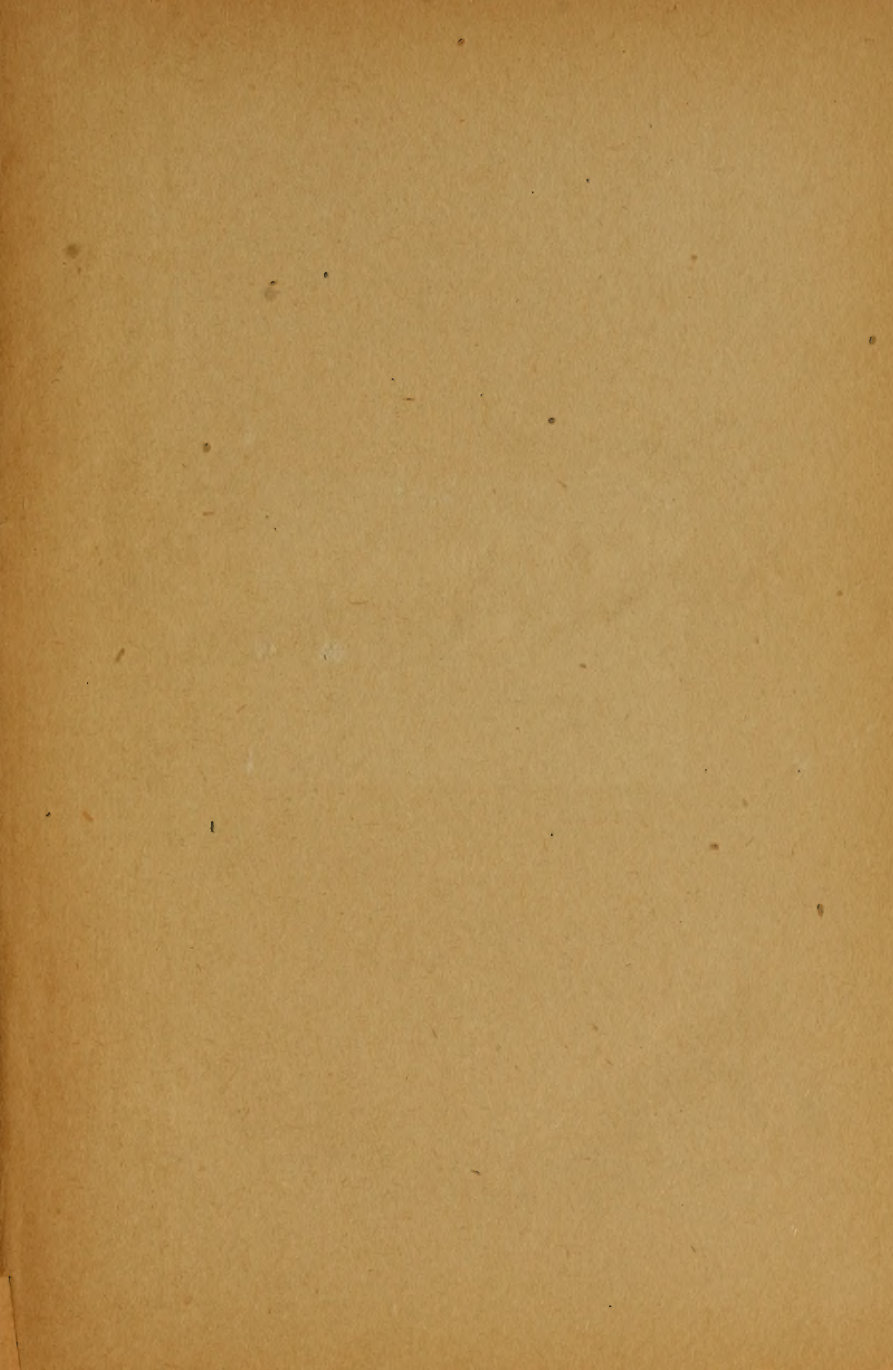
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THE
HOUSEKEEPER
COOK BOOK.

Home is a gateway to a higher sphere,
Guard it with Love, and fill it with good cheer.



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THE HOUSEKEEPER PUBLISHING COMPANY,

MINNEAPOLIS, MINN.

1894.

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PUBLISHERS' NOTICE.

The sustained demand for the Buckeye Cook Books, known as the Buckeye Cookery and Practical House-keeping, has led to the production of the present volume, comprising the most valuable matter of the old books and hundreds of fresh recipes, together with about three hundred pages of general and practical housekeeping information, as indicated in the table of contents and particularized in the index.

MINNEAPOLIS, September, 1894.

“ Man cannot live by bread alone,”

He wants his menu good.

He wants a wife who's not above

Preparing dainty food.

The way, then, to the hearts of men

(Man's not the only sinner)

Is by a cleanly, well-set board,

And by a well-cooked dinner.

“ Good cooks are born, not made,” they say,

The saying's most untrue,

Hard trying, and these prime recipes

Will make good cooks of you.

E. H. C.

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BREAD.

THE motto of the New York Cooking Academy is: "Since we must eat to live, let us prepare our food in such a manner that our physical, intellectual and moral capacities may be extended as far as desired by our Creator," and with this object in mind, bread, as the "staff of life," will be first considered, and especial attention given to its great variety, and the necessary processes through which it passes in preparation for use.

Flour made from wheat, and meal from oats and Indian corn, are rich in the waste-repairing elements, starch and albumen, and man is necessarily dependent upon them to a degree much greater than commonly supposed.

Wheat and flour contain gluten in different proportion to the many varieties. Flour in which gluten abounds will absorb more liquid than that which contains a greater amount of starch, and is therefore stronger, that is, will make more bread to a given quantity. Gluten is a flesh, and starch a heat producer, in the nutritive processes of the body.

Neither gluten nor starch dissolve in cold water. Gluten is a grayish, tough, elastic substance, and flour containing it in a fair quantity adheres to the hand when compressed, and shows the imprint of the skin, but starchy flour crumbles and lacks the adhesive property.

Milk or water used in mixing bread softens the gluten and cements the particles of flour, preparatory to the action of the carbonic acid gas. In bread made from yeast this gas and alcohol are formed by the fermentation of the yeast, combining with the

sugar in the flour as well as the sugar added to the flour. The expansion, caused by the efforts of the gas to escape through the strong elastic walls of the cells of gluten, changes the solid dough into a light, spongy mass. The kneading process distributes the yeast thoroughly through the dough, making the grain firm and even.

In baking, the heat breaks the starch cells, renders the gluten tender, converts the water into steam, the alcohol into vapor, and increases the size of the loaf through the expansion of the carbonic acid gas, though one-sixth of its weight is lost by this evaporation. It is now "food convenient" for all.

Opinions differ as to the comparative merits of fine flour, graham, and entire wheat flour bread. That made from the former gains its whiteness and fineness at the expense of its nutritious properties, the part of the grain furnishing them being largely eliminated through the special manufacturing process, but bread made wholly or in part from the two latter varieties is proportionately nourishing, strengthening, and easily digested.

The common or "straight" brands of flour are used by the great majority of families, and from each of them good, palatable and uniform bread can be made. Good bread makes the homeliest meal acceptable, and there is no one thing so necessary to the health and comfort of a family. In selecting flour buy that of a cream tint, that will not work into a sticky mass when dampened by the fingers, that will not fall like powder if thrown against a smooth surface, and that will retain, as before stated, the impression of the hand when compressed within it.

Flour should be kept dry, cool, and entirely beyond the reach of vermin, big or little, for the tiny meal moth is far more to be dreaded than rats or mice. Buy at first, if possible, a barrel of flour; the barrel will prove a good investment for the future, as all smaller purchases of flour can be emptied into it. Let it stand on four blocks of wood, thus ensuring a current of fresh air beneath it.

Do not buy less than one hundred pounds, for cleanness and economy's sake, unless obliged to use the flour and meal bins built into many pantries of the modern houses. If so, buy a

smaller amount, as these bins, being more difficult to care for, need frequent attention. Every receptacle of flour should be often and thoroughly cleansed, to guard against animal as well as vegetable parasites. Never put into the flour, for even a day, a roll of dough or pastry for later use. A single speck of mold, coming from any cause, will leaven the whole flour as rapidly and strongly as ten times its weight in yeast.

All kinds of flour and meal, except buckwheat and graham—and graham, if very coarse—need sifting, and should be bought in small quantities, as they become damp and musty by long standing. After sifting flour or meal, be very careful to empty the sieve before putting it back into the barrel or bin.

Good flour, good yeast and watchful care are indispensable to successful bread-making. A large, seamless tin pan, with handles and a tight-fitting cover, should be kept for bread-making only, and thoroughly washed and scalded whenever used. A crockery bowl holding from eight to twelve quarts can be used, if preferred, but must be closely covered by a well-folded cloth.

Bread should undergo but one, the saccharine or sweet fermentation; if it passes to the second, the vinous or alcoholic fermentation, the larger part of the nutritious properties of the flour are destroyed; if it reaches the third, or acetous stage, the bread is soured and utterly unfit for use. Never use sour yeast. The temperature of the bread in rising should be blood warm; if less, it is liable to sour; if greater, it may be scalded, or become full of large pores and lose its firm, smooth grain. It is as important for the dough to rise as well after being made out into loaves, rolls, or biscuits as before; therefore allow a sufficient time for rising, and cover over the tops of the pans with a bread-cloth, removing it a few moments before baking. A good general rule to follow is this: If well kneaded down, let the loaf double its size in rising; if only partially kneaded, let it rise but one-half. Much depends on the flour, the heat of the day and the previous rising, but personal judgment and experience must guide at this point as well as others.

Before putting the loaves into the oven prick them in three places with a steel fork, that part of the gas generated in rising

may escape and prevent the possibility of too great expansion in baking, which would make the texture of the bread coarse and open instead of smooth and fine. In baking, keep the oven at a uniform temperature, except that the heat may slacken a very little toward the last. The oven is of good heat if flour will brown in it at the end of a minute.

The best pan for baking bread is made of Russia iron, which costs but little more than tin, and is much more durable. Let it be five by ten or twelve inches on the bottom, flaring a little to the top, and four and one-half inches deep. It should be well, though lightly, greased. One hour is the average time for baking, though much depends on the action of the stove. See that the fire is so regulated as not to need replenishing during the hour. The finest bread may be completely spoiled in the baking, and a freshly-made fire cannot be easily regulated. Open the oven door as seldom as possible, and close it carefully. If necessary, the pan may be gently turned around, after twenty minutes. The heat of the oven should be steady, but if from any cause it becomes too great put a pan of cold water on the upper slide, or turn a pan over the loaf, or cover it with a piece of clean, brown paper. A slide, or a low, flat tin may be put under the pans.

If bread or cake is well and sufficiently baked, there will be no sound of cracking in the loaf when quickly held to the ear; a broom splinter passed into it will come out as dry and free as at first. A loaf can be held on the hand without burning the palm. The bread will also have the odor of fresh, sweet flour.

On a clean shelf or table, near the window, lay a well-folded linen cloth, an old table-cloth will serve nicely, and as the well browned loaves come from the oven, either lay them upon it or slightly tip them, one just touching the other, and leave them uncovered till cool. If preferred, a cloth can cover them. Never, on any account, put the warm loaves on wood or stone.

Should the bread be baked too hard, rub the loaf with fresh butter; then cover it with a clean brown paper, laying a cloth over that.

When thoroughly cool, the bread must be put into a close-covered stone jar, or tin box, which should be well scalded and dried

each baking day. If a jar is used tie a heavy linen cloth, twice folded at least, over the top, which should be some inches above the bread. On a hot, windy day in summer, having considerable unused bread on hand, take a cup of cold water, and sprinkle well the cloth, so that the bread may be kept fresh and moist. If a heavy line of chalk is drawn around the jar, no insects will crawl over it. In cutting warm bread for the table, heat the knife, and it is better to replenish the bread plate than to have slices left over to dry or waste.

Rolls and biscuit should bake quickly. Baking powder and soda biscuit should be made rapidly, placed in hot pans, and put into a quick oven. Let gem pans be well heated and greased. If stone cups are to be used, see that they are well greased and very hot.

Be very careful to use the best baking powder, and always sift it with the flour. Use bi-carbonate of soda, not saleratus, in cooking. Take two parts of cream of tartar to one of soda, if sweet milk is used in cooking. Free the powder from lumps, and either sift well the cream of tartar and soda with the flour, or the cream of tartar alone, and dissolve the soda in the milk by beating it for one minute. Soda should be dissolved in the same manner in sour milk. Always use yellow corn meal in every recipe where meal is called for, unless the white is specified.

In measuring, a *tablespoon is the size of an ordinary silver tablespoon. A teaspoon means a spoon rounded above, as the bowl is below; a heaping spoon what can be added to the rounded measure, and a level measure is just even with the sides of the spoon. A half teaspoon divides the length and not the breadth of the spoon. A salt spoon is equivalent to one quarter of a teaspoon. One cup of yeast is equivalent to one yeast cake.

*Whenever, in this book, the words cupful, coffee cupful, tea cupful, table-spoonful, etc., occur, the termination "ful" is dropped, for the sake of brevity.

YEAST.

YEAST is naturally a most unstable sort of commodity, but its main characteristic is that upon the very slightest provocation it will rise. During one week it contradicted its usual methods and shrunk in a most amazing way. One Saturday it sold for twenty cents a pound, the next Monday it sold for five cents a pound, and in a few days rose again to twenty cents a pound. Investigation into the cause of the fluctuation in price revealed the existence of a double-riveted trust, which controls the price of yeast and holds it at a figure which pays the members of the trust a handsome profit. A pound of yeast cut into squares wrapped in tinfoil will make forty cakes, which are sold by the manufacturer at one cent each and retail for two cents. The consumer of this yeast then pays eighty cents a pound. The profit is sixty-eight cents, of which the retailer makes forty and the manufacturer twenty-eight cents. Compressed yeast is made from whiskies, vinegars, and low wines, and could be retailed at fifteen cents a pound, with a fair margin of profit for manufacturer and retailer.

It is economy, therefore, to use homemade yeast. Here are a few good recipes:

YEAST—1.

1 quart sliced potatoes,	$\frac{1}{2}$ cup yeast,
1 large handful hops,	$\frac{1}{2}$ cup sugar,
1 tablespoon ginger,	$\frac{1}{2}$ cup salt,

2 quarts water.

Put hops and ginger in a bag to boil 15 minutes. Then take out hops, and add potatoes. Boil till they can be passed easily through a sieve. Mix with the salt, sugar and water in a jar. When cool add yeast, tie a cloth over the top and set in a warm place to rise. This yeast will keep good three weeks in a cool place.

YEAST—2.

6 potatoes, medium,	3 tablespoons salt,
Small handful hops,	3 tablespoons sugar,
1 cup flour,	1 tablespoon ginger,
1 cup yeast,	Water to make 2 quarts.

Put the ginger and hops into a bag, drop into the boiling water; let boil for 15 minutes. Cook the potatoes, mash, and mix

them well with the flour to which has been added the sugar and salt. Over all pour the boiling hop water, and beat till the mixture is smooth. Turn into a stone jar, and when cool add the yeast. Set in a warm place to rise. This will be sweet and good for some weeks if kept in a cool, dark place. Omit the hops, use the boiling ginger water to scald the flour, and this rule makes a nice potato yeast.

No other yeast is made with so little trouble as potato yeast. Bread made from it keeps moist longer, and there is no danger of injuring its flavor by using too much.

YEAST—3.

6 potatoes, medium,	1 tablespoon salt,
$\frac{1}{2}$ cup sugar,	$\frac{1}{2}$ cup yeast.

Boil potatoes till done, mash very fine or press through a sieve, pour on the water they were boiled in, add the sugar and salt, and when lukewarm stir in the yeast. It should now be quite thin; let rise, and keep in a cool place, but where it will not freeze. A large cupful makes eight or nine loaves of bread.

YEAST—4.

6 potatoes,	1 tablespoon salt,
Small handful hops,	2 tablespoons molasses,
$\frac{1}{2}$ cup yeast,	2 quarts water.

Tie the hops in a bag and boil with the potatoes in 2 quarts of water. Take out potatoes, mash fine and pour the water over them; add salt, molasses, and thicken with flour. When cool, add yeast or 1 yeast cake dissolved in water. Cover, and set near the fire. Keep in a jar in a cool place. This must not freeze.

YEAST—5.

6 potatoes,	1 handful hops,
2 tablespoons salt,	1 cup yeast,
1 cup flour,	$\frac{1}{2}$ cup sugar,

1 quart water.

Put the hops into a bag and boil 15 minutes. Pour the hop water over the flour, add the potatoes, having rubbed through a colander. Stir well after adding sugar and salt; when cool, add yeast or a yeast cake, which has been soaked. This yeast keeps well two weeks.

YEAST—6.

1 quart hops,	1 tablespoon salt,
1½ quarts water,	1 tablespoon molasses,
1 cup flour or shorts,	1 tablespoon brown sugar.

Put hops into a porcelain kettle, or bright tin pan, pour on boiling water, let simmer until the strength has been obtained. Strain the hop water over the salt, sugar, and molasses. When milk-warm add flour or shorts, and pour into bottles, filling each half full. Cork the bottles securely, and set them in a warm place. Shake daily, and in less than a week the corks will fly out, unless care is used. Or there can be added to this mixture a half cup of any good yeast, and it will be ready for use in 24 hours. Keep it in a cool place, and shake it well before using.

CORN YEAST—1.

9 medium sized potatoes,	1 pint old yeast,
1 cup parched field corn,	2½ tablespoons salt,
1 cup white sugar,	1 large handful hops.

Water enough to make 4 quarts.

Boil the corn and hops together for 1 hour. Boil and mash the potatoes, then strain the hop water over them; add sugar, salt, and old yeast, then the water. Let it stand 24 hours and it will bubble like water boiling; then cork it tightly in cans and let it stand in a cool place. It will keep three months in cold weather.

CORN YEAST—2.

6 potatoes, medium,	1 cup sugar,
2 cups parched corn,	1 cup salt,
2 handfuls hops,	1 cup yeast,

Water to make 1 gallon.

Boil corn, potatoes, and hops, the latter in a bag, in 2 quarts of water until the potatoes are tender enough to mash easily; take them out, mash them fine, and strain the water over them; pour cold water over the hop bag and squeeze it to get all the strength out. Now add enough warm water to make 1 gallon of the liquid, then sugar, salt, yeast, or 1½ yeast cakes. Stir well, put in a warm jug, and leave it uncorked all day in a warm place. Now cork it tightly, and set it on the cellar floor, where it will keep five weeks even during the hot weather.

POTATO YEAST. —1.

6 large potatoes,	$\frac{1}{2}$ cup sugar,
2 large handfuls hops,	1 tablespoon salt,
2 quarts water,	1 tablespoon ginger.

Put the loose hops into the water and boil slowly 1 hour. Pare and grate the potatoes into a two-gallon jar, add the sugar, salt, ginger, and pour the boiling water over this mixture, stirring constantly. When milkwarm, add yeast, set in a warm place until it rises, and remove to the cellar or some other cool place. The boiling hop water must be added to potatoes immediately or they will darken, and darken the yeast. A good way to prevent the potatoes from darkening is to grate them into a pan half filled with cold water. As grated, the potatoes sink to the bottom; when done grating, pour off the water and add the boiling hop-water. This is an excellent recipe, and the method given for boiling hops is especially recommended.

POTATO YEAST—2.

4 potatoes, medium,	1 cup white sugar,
1 large handful hops,	1 cup yeast,
1 gallon water,	$\frac{1}{2}$ cup salt.

Boil and mash fine the potatoes, and add, after straining the hop water, salt, sugar, and sufficient water to make a gallon. When cool, add yeast, and let stand in a warm place until it will "sing" on being stirred, when it is ready for use. Keep covered in a cool place.

DRY YEAST.

2 large potatoes,	$\frac{1}{4}$ cup sugar,
1 handful hops,	1 tablespoon salt,
1 cup yeast,	1 tablespoon ginger,
3 pints water.	

Boil potatoes and hops (the latter in a bag) in the water. Take out the potatoes when done, mash well, add 1 pint of flour, and pour the boiling water over all; beat well, adding salt, ginger and sugar. When lukewarm, add yeast, and let it stand 1 or 2 days according to the heat of the weather, stirring down frequently. Add good white corn meal until stiff enough to make into cakes about $\frac{1}{2}$ inch in thickness. Place to dry in the shade (never expose to the sun or to stove heat) where the air will pass freely, so as to dry them as soon as possible, as the fer-

mentation goes on as long as there is any moisture ; turn the cakes frequently, breaking them up somewhat, or even crumbling, so they will dry out evenly and quickly ; when thoroughly dried put in a paper sack, and keep in a dry place. A small cake will make a sponge sufficient to bake five or six ordinary loaves.

YEAST CAKES.

Take a bowl of good, fresh yeast and thicken it with fine Indian meal until stiff enough to roll out ; cover, and let rise ; then roll and cut in small, thin squares or slices. Dry them on a board in the shade in windy weather, turn them frequently till dry, then put them in a paper bag in a dry place.

RECIPES FOR MAKING BREAD.

MOTHER'S BREAD.

Put about 2 quarts of flour into a pan, and pour boiling water over it until nearly all the flour is wet. Stir the flour while pouring in the water. Now add 1 pint of cold water, and beat well. Let it stand until lukewarm, then add 1 cup of No. 1 yeast, butter the size of an egg and $\frac{1}{2}$ teaspoon soda, and flour to make a stiff batter. Turn it out on the moulding board and work in more flour by slashing it with a sharp knife. Slash and add flour, and knead until the dough is stiff and smooth. Too much flour cannot be worked into it. Let it stand until morning, then knead it down without removing it from the pan. After breakfast, turn it out on the board, and knead it for 10 minutes, then put it back and let it rise as much as possible without smelling like wine, then make it into loaves. When the loaves are light, they should be put into a hot oven, which is allowed to cool gradually until the bread is done. Bread made in this way will keep fresh a long time.

BREAD RAISED ONCE.

1 quart water,
3 quarts flour,

1 pint potato yeast,
2 teaspoons salt.

To make 3 loaves of bread, sift the flour into the pan, add salt and pour in slowly the water, lukewarm ; afterward add yeast, stirring constantly. If hop yeast is used take 1 cup, or, if preferred, 1 cake compressed yeast dissolved in tepid water. Mix

thoroughly, adding flour, until a stiff dough is formed; place on the bread-board, knead vigorously for 20 minutes or more, flouring the board frequently to prevent the dough from sticking to it, divide into loaves of a size to suit pans, mould into a comely shape, place in pans, rub over the top a light coating of sweet, drawn butter, set in a warm, not too hot place to rise, cover lightly to keep off dust and air, watch and occasionally turn the pans around when necessary to make the loaves rise evenly; when risen to about double the original size, draw across the top of each lengthwise with a sharp knife, making a slit half an inch deep, place them in a moderately heated oven, and bake 1 hour, watching carefully from time to time to make certain that a proper degree of heat is kept up. Before browning they will rise to double the size of loaf which was placed in the oven, and pans must be provided deep enough to retain them in shape. Bake until well done and nicely browned. Nothing adds more to the sweetness and digestibility of wheaten bread than thorough baking. When done, remove from pans immediately, to prevent the sweating and softening of the crust.

BREAD RAISED TWICE.

4 quarts flour,	1 tablespoon sugar,
1 pint milk,	1 tablespoon salt,
1 pint water,	1 tablespoon lard,
1 cup yeast.	

Measure out the flour, take out a pint in a cup, and place remainder in a breadpan. Make a well in the middle, into which turn sugar, salt, and yeast; then mix in milk which has been made bloodwarm by adding the boiling water; beat well with a strong spoon, add lard, knead for 20 or 30 minutes, and let rise over night; in the morning knead again, make into loaves, let them rise 1 hour, and bake 50 minutes. Water may be used instead of the pint of milk, in which case use twice as much lard.

BREAD RAISED THREE TIMES.

1 quart flour,	1 cup yeast,
4 pints water,	$\frac{1}{2}$ cup sugar,
8 potatoes,	$\frac{1}{2}$ cup lard,
1 tablespoon salt.	

In planning for 6 loaves, begin about 5 p. m. Take yeast,

No. 2, add the flour and tepid water, beat together thoroughly, and set in a warm place. This should rise in about 2 hours; and when nearly light, take 6 or 8 medium sized potatoes, pare neatly, rinse clean, and boil in 3 pints of water till well done, mash very fine in the water while hot. Have ready a bread-pan of sifted flour, into which put salt, sugar, and lard; then riddle the potato mash, hot as it is, through a sieve or fine colander into the flour, and stir into a stiff dough. This scalds about half the flour used in the batch of bread. This mass must cool till it will not scald the yeast, which may now be mixed in and put in a warm, not hot, place for second rising, which will be accomplished by morning, when the kneading may be done. Kneading is the finest point of breadmaking, and contains more of the art than any other; it requires skill, time, patience, and hard work. Work in flour no faster than is required to allow thorough kneading, which cannot be done in less than 45 minutes, but should not be worked much over an hour. The working of the dough gives grain and flakiness to the bread. The dough should be soft, not sticky, and stiff enough to retain its roundness on the board. Put back into the pan for the third rising, which will require little time, and, when light, cut off enough for each loaf by itself, knead but little, and put into pans. If the first kneading has been well done, no more flour will be necessary in making the loaves. These must rise till nearly as large as they ought to be, and then put into a well-heated oven. From 40 to 60 minutes will cook it. If the yeast is set at 5 p. m., the bread will be ready for dinner the next day; if in the morning, the baking will be done early in the evening, or 12 hours after, with good yeast and fair temperature. Bread made in this way will be good for a week, and, with fair weather and careful keeping, even for two weeks.

HOP-YEAST BREAD.

3 pints warm water,

1 teacup yeast.

Make a thin sponge of the yeast, water and flour, and let it remain till quite light. Knead into a loaf before going to bed; in the morning, mould into 3 loaves. When light, bake an hour. Bread made in this way is never soggy or heavy. To have

fine, light biscuit, add the lard or butter at night, and in the morning make into biscuit and bake for breakfast. By this recipe bread is baked early, leaving the oven free for other articles.

YEAST AND BREAD TOGETHER—1.

On the evening before breadmaking day, peel and boil 2 medium sized potatoes; mash them in the water in which they were boiled, and pour the mixture, boiling hot, into the breadpan into which has been put 2 tablespoons flour and 1 each of salt and sugar. The yeast should be as thin as gruel. Now strain it through a colander, and when it has cooled a little, add a small cup of yeast and set it in a warm place to rise. In the morning, sift flour into the breadpan, make a hole in the middle, pour in the yeast, and partially stir it into the flour. Add a quart of lukewarm water with a teaspoon salt dissolved in it, then stir until stiff enough to knead. Knead it 15 minutes, then put it into the breadpan, which must be dusted with flour; put another pan over it, and set it where it will rise slowly, as bread that has been hurried is not so good. If it becomes stiff on top before it is light, cover it with a cloth dipped in warm water. When light enough, the pan will lift easily and not as if it held a dead weight; then it must be turned on to the breadboard, kneaded quickly and lightly into a long roll and cut into loaves. The less the loaves are kneaded and the less flour added, the better the bread will be. When the tins begin to feel quite light, the bread is ready to bake. The oven should be quite hot at first, and allowed to cool off gradually while the bread is baking, but the fire must not get very low until the bread is done, which will be in about 40 minutes. When the bread is baked, put a plate in a pan, turn the bread on to it and cover with another pan; when it is cool, raise the pan, wipe off the steam, and replace it, keeping it there until used up.

YEAST AND BREAD TOGETHER—2.

Use about a pint of mashed potatoes; strain them through a colander, with the water in which they are boiled, into a vessel containing about a pint of flour. After this is well stirred, and cooled until lukewarm, add 2 tablespoons of the yeast and set the sponge in a warm place to rise. It will usually be light in about

6 hours, and should be made into a sponge in the regular way by adding warm water and flour. When this second sponge has risen, mix it into dough. This method takes a great deal of time, but makes the best bread. These directions are for white bread, but graham bread may be made in the same way, by adding molasses, a little shortening, and graham flour instead of white when mixing the second sponge.

Empty the mashed potatoes left from dinner into it, but do not stir it up until the yeast is soaked. Let it soak until night, then stir it up and add warm water, a tablespoon each of sugar and salt, and sift in flour enough to make a stiff batter. Beat this well, and set in a warm place over night. Mix as early as possible in the morning, and be sure to knead it a good while, 20 minutes at least, as that makes smooth, white bread.

Grease the bottom and sides of a crock with lard, the same one the sponge was made in—use a crock, because when it gets warm it retains the heat better than any tin or wooden ware, and the dough does not dry and form a crust on the outside—and let it rise, then knead again. If kneaded properly the first time, so as to have the dough stiff enough, knead it a very little this time. Let it rise again, and mould into loaves, and bake when light enough. If homemade yeast is preferred, it can be used just as well. By following these directions, good bread can be secured without the trouble of cooking potatoes on purpose, and having more dishes to wash.

GRANDMA'S BREAD.

Set the bread at night, and if kept warm it is ready to mix early in the morning. Knead down 2 or 3 times before putting it into the pans. Never take the dough from the pan when kneading it, but press it down gently to get out the gases, and, at the last, give a few "doubles" to pull in the edges, then turn it over. When putting it in the pans, cut off enough dough for a loaf, roll it with the hands until it is a foot in length; roll this up and press it together in the shape of a loaf, and when it is baked it will be in layers, light and feathery, and not full of tiny holes. Just as the loaves begin to brown, brush them quickly with sweet milk, and the crust will be tender and delicious.

COFFEE BREAD.

1 quart flour,	$\frac{2}{8}$ sugar, cup white
$1\frac{1}{2}$ cups warm milk,	$\frac{1}{2}$ cup yeast,
1 cup stoned raisins,	1 egg,
$\frac{3}{4}$ cup butter,	$\frac{1}{2}$ teaspoon cinnamon.

Measure the flour before sifting, then sift, add sugar, and rub in the butter. Mix in the yeast, add the milk, and knead for 15 minutes. Cover, and let rise all day. In the evening add the egg, well beaten, and knead thoroughly. Cover well, and let rise all night. Stir in the cinnamon and raisins in the morning. Make up, using as little flour as possible. Let rise to the top of the pan, and bake an hour in a moderate oven. This makes a large loaf.

MILK BREAD.

2 quarts milk,	1 cup sugar,
3 quarts flour,	$\frac{1}{2}$ cup butter.

Scald fresh, sweet milk, and, when cool, make a sponge of the flour in which the butter has been rubbed. If rolls are wanted, add sugar when mixing it. Let stand until light, add flour enough to knead thoroughly. Let rise again, work over as before, and mould into the desired shape. If the dough is kept in an earthen vessel and covered with tin, it will not need greasing while rising. Always butter the top of the dough when it is put into the pans to rise, and do not cover with a cloth when baked.

BREAD WITHOUT KNEADING.

1 quart milk,	$\frac{1}{2}$ cup yeast,
2 tablespoons butter.	

Warm the butter in the milk, do not let it become hot, add yeast when sufficiently cool, stir in all the flour possible with a spoon. Beat well, pour into pans, let rise and bake at once.

WINTER BREAD.

To make light bread in winter, on the day before baking have mashed potatoes for dinner. When the potatoes are cooked, drain the water into a crock or bowl and set it away to cool. When dinner is over put a cake of yeast foam, or as much dry yeast of any kind as used at a baking, in the potato water.

RICE BREAD.

2½ cups warm milk,	7 cups flour,
½ cup butter,	3 eggs,
¼ cup yeast,	2 tablespoons sugar,
1 heaping cup boiled rice.	

If the rice is cooked in milk, use the same day and cool before using. If cold, and hard or lumpy, add a little milk and set the bowl into a basin of hot water on the stove, stirring until smooth. Do not let it become more than lukewarm. Rub the butter and sugar together, stir in the eggs, previously well beaten, 2 cups of flour, milk, and the rest of the flour; then add the rice and yeast, and beat well together for 10 minutes. Cover closely, and let rise over night. This quantity makes two small loaves, and should rise in the pans about 1½ hours, or above the top of the pan. Do not have a very hot oven, as this bread browns quickly.

POTATO SPONGE.

6 potatoes,	2 tablespoons sugar,
3 cups flour,	2 tablespoons butter,
1 cup yeast,	1 quart tepid water.

Boil and mash potatoes; while hot add sugar, butter and flour. Beat to a smooth batter and stir in the yeast. Let rise over night. Knead vigorously for 15 minutes in the morning. Set away, and, when light, knead and mould into medium sized loaves. Let rise and bake.

POTATO BALL BREAD.

1 cup mashed potatoes,	1 cake yeast,
1 tablespoon sugar,	1 teaspoon salt.

Soften the yeast cake in as little water as possible, then add to the potato, with which the sugar and salt have been thoroughly mixed. It will be ready for use in two days in winter—sooner in summer. Keep it in a covered bowl. Mix bread sponge with 2 quarts of warm milk or water, and add half the potato ball. Let rise, and proceed as with other bread. To the other half of the ball, add a cup of potatoes, stirring thoroughly, and set away until the next baking day. If the sponge freezes it will not be injured. This method is pronounced a superior one.

SALT RISING BREAD—1.

Put 1 teaspoon salt into 1 pint water, stirring in enough flour to make a thin batter. Keep warm. If set at 6 a. m., it should commence to rise about 11 o'clock. Let stand until it foams all over the top. Then add a pint of fresh milk warmed, and knead into loaves immediately. Bake as soon as risen, and you will not be troubled with any disagreeable odors.

SALT RISING BREAD—2.

$\frac{1}{2}$ cup corn meal,	$\frac{1}{2}$ cup butter,
1 pint warm water,	1 teaspoon salt,
1 saltspoon soda,	1 teaspoon sugar,
3 quarts flour.	

The evening before baking, scald the corn meal with enough sweet milk to make a moderately stiff batter. If set in a warm place this will be light in the morning. Add the water, soda, and sufficient flour to make quite stiff. Place in a pan of warm water to rise. For 5 loaves take 3 quarts of flour; add butter, salt, sugar and the sponge with water enough to make a stiff dough. Mould into loaves, let rise, and bake 45 minutes. Much depends on keeping the batter warm and the stove properly heated.

SALT RISING BREAD—3.

On the evening before baking day, pour about half a cup of boiling hot new milk on one tablespoon of corn meal, stir it well and let it stand in a warm place over night. It will not rise but will look light and foamy. In the morning make salt rising as usual, and add the prepared meal to it. Place the dish in a kettle of warm water, and keep it at an even temperature until the sponge is light, which will be in about two hours. The bread can be baked before noon.

BREAD WITH BUTTERMILK.

The evening before baking, bring 2 quarts sweet buttermilk to the boiling point, or boil sour milk and take the same quantity of the whey, and pour into a crock in which 1 small cup flour has been placed. Let stand till sufficiently cool, then add yeast, and flour to make a thick batter; the better and longer the sponge is stirred the whiter will be the bread. In the morning sift the flour into the breadpan, pour the sponge in the center, stir in

some of the flour, and let stand until after breakfast ; then mix, kneading for about half an hour, the longer the better ; when light, mould into loaves, this time kneading as little as possible. The secret of good bread is having good yeast, and not baking too hard. This makes four loaves and forty biscuit.

BAKING POWDER BREAD.

1 quart flour,	3 teaspoons baking powder,
2 tablespoons butter,	1 teaspoon salt.

Sift the baking powder and salt into the flour ; the sifting ensures thorough mixing. Before wetting the flour, see that the oven is rather quick, that is, rather hotter than that required for bread ; if the hand can be held in the oven while 15 can be counted rapidly, the heat will be about right. Also butter the baking pan. These preparations being made, chop into the flour butter or good lard, and pour in sufficient water or milk to just moisten the flour. The tops of the loaves should be brushed with butter or milk ; no kneading is required ; as soon as the flour is wet put it at once into buttered pans, and bake it as rapidly as possible without burning. As the rising of the carbonic acid gas which is freed from the wet baking powder is what makes the dough light, it is important to fix the dough before the gas can escape. The process of making light biscuit or bread from baking powder is purely a mechanical operation, based upon the formation of these air, or rather gas cells, in the dough. If, as the gas forces its way up through, forming the cells, they can be fixed with heat so that their shape is retained after the dough is baked, it cannot fail to be light. If, on the other hand, the gas is allowed to escape before the dough is fixed by heat during baking, there is no reason why it should be light.

Let this simple statement of facts be remembered, and the dough made with baking powder be baked before the gas can escape, and there will be no complaint of heavy bread or biscuits. The flavor will, of course, depend upon the amount and kind of shortening used, and the brushing before baked. This recipe makes one medium loaf of bread.

VIENNA BREAD—1.

1 pint milk,	6 or 7 cups flour,
1 tablespoon butter,	1 cup yeast,
1 tablespoon sugar,	1 teaspoon salt.

Melt butter in hot milk. Measure milk after scalding and put in the mixing bowl with butter, sugar and salt. When cool, add yeast, and then stir in flour, adding it gradually after 5 cups have been put in, in order to be only stiff enough to knead. Knead till smooth and elastic. Cover; let rise till light; cut it down; divide into 4 parts and shape into loaves. Let rise again in the pans; bake 45 or 50 minutes.

VIENNA BREAD—2.

Take the same proportions of the preceding recipe, except that about one less cup of flour is used, and the dough is not kneaded. Mix it with a knife, cutting it through and turning and working it over until all the dry flour is mixed with the other materials. Mix soft enough to be shaped into loaves after it has risen. Scrape the dough from the sides of the bowl; smooth the top with a knife; cover and let rise. Shape into loaves, and when light bake 50 minutes.

BOSTON BROWN BREAD—1.

1 cup rye meal,	2 cups milk,
1 cup Indian meal,	1 cup molasses,
1 cup graham flour,	1 teaspoon salt,
1 dessert spoon soda.	

Use sour milk, if possible, and if necessary 1 cup of water can be substituted for 1 cup milk; add molasses, New Orleans or Porto Rico preferred, soda and salt. Into this stir the meal and flour, pour into a well-greased form or covered pail, put into a kettle of boiling water, and cook 3 hours. This may appear too thin, but do not add anything more. The bread should not fill the pail over two-thirds full. See that the water does not boil over the pail; also take care that it does not boil entirely away, or stop boiling. To serve it, remove the cover, set a few moments into the oven to dry off the top, and it will turn out in shape.

BOSTON BROWN BREAD—2.

3 cups sour milk,	$\frac{3}{8}$ cup molasses,
2 cups corn meal,	1 dessert spoon soda,
2 cups graham or rye meal,	1 teaspoon salt.

Mix thoroughly and steam 3 hours. Brown in the oven.

KANSAS BROWN BREAD.

1 cup corn meal,	1 cup sour milk,
1 cup white flour,	1 cup molasses,
1 cup graham flour,	1 teaspoon salt,
1 teaspoon soda.	

Steam it 4 or 5 hours and set it in the oven a few minutes to brown.

BROWN JO BREAD.

2 cups corn meal,	1 cup molasses,
2 cups white flour,	1 cup sour milk,
1 teaspoon soda,	1 teaspoon salt.

Mix well and steam 3 or 4 hours, then bake half an hour.

STEAMED BROWN BREAD—1.

1 pint sour milk,	$\frac{1}{2}$ cup molasses,
1 pint corn meal,	2 tablespoons melted lard,
1 pint wheat flour,	1 heaping teaspoon soda.

Mix well and steam 3 hours. This is well worth trying.

STEAMED BROWN BREAD—2.

1 heaping teaspoon soda,	2 cups sour milk,
3 cups corn meal,	1 cup warm water,
1 cup flour or rye meal,	1 cup molasses,
$\frac{1}{2}$ teaspoon salt.	

Mix thoroughly together, and steam 3 hours, then dry it off in the oven.

BROWN LOAF.

3 cups corn meal,	1 cup sour milk,
1 cup flour,	$\frac{3}{8}$ cup molasses,
3 cups sweet milk,	1 teaspoon salt,
1 teaspoon soda.	

Butter a deep mold, and steam 3 hours. This can be made the day before, then steamed for half an hour in the morning when wanted, which makes it as nice as if just made. Another good way is to mix, and set it in a very slow oven to remain all night where it will bake slowly. The fire must be turned off carefully for the night, so that the oven will not get hot, but do not

let it go out entirely. The loaf will be nicely baked for breakfast. Be sure to remove from the oven, when you build up a hot fire in the morning.

BROWN BREAD.

2 cups corn meal,	2½ cups sour milk,
1 cup graham flour,	1 heaping teaspoon soda,
¼ cup molasses,	1 teaspoon salt.

Steam 3 hours, and brown half an hour in the oven.

CORN BREAD.

7 pints corn meal,	1 pint molasses,
3 pints rye flour,	2 teaspoons soda,
Skimmed milk,	2 teaspoons salt.

Let this mixture be stiff enough to drop compactly from the spoon. Dust rye flour over the top of the loaves and pat smooth. Bake about 4 hours in a slow oven.

BREAD WITH MUSH.

2 quarts mush,	1 coffee cup molasses,
2 quarts flour,	1 teaspoon salt,
1 quart sponge,	1 teaspoon soda.

Pour hot corn meal mush, made as for eating, over the flour, wheat or graham; when cool, add sponge, molasses, salt and soda. Mix well together, add flour if necessary; knead thoroughly, make into small loaves, let rise and bake in a moderate oven. When done, rub over with butter, place on the side, wrap in a cloth, and when cold put in a jar or box. This recipe makes three good-sized loaves and keeps moist longer than all-graham bread.

"ENTIRE WHEAT" FLOUR BREAD.

Add 1 tablespoon sugar to 3 cups bread sponge and stir in "entire wheat" flour, graham can be used if desired, until the dough is sufficiently stiff to put into a well-buttered pan. Let rise and bake 1 hour. This is a nice, easy recipe, and makes one loaf.

TENNESSEE EGG BREAD.

3 cups buttermilk,	1 teaspoon soda,
2 cups corn meal,	1 teaspoon salt,
1 tablespoon lard,	1 egg.

Bake brown and quickly.

RAISED BROWN BREAD—1.

2 cups corn meal,	1 cup molasses,
1 cup rye meal,	$\frac{1}{2}$ cup yeast,
2 cups sweet milk,	1 teaspoon salt,
$\frac{1}{2}$ teaspoon soda.	

Dissolve the soda in the milk, and stir in the rest of the ingredients. This should be sufficiently risen to stir down, put into a pan, rise again for an hour, and bake at 6 o'clock, if mixed at noon. Let the heat of the oven be slow but steady, and allow the bread to stay in all night. Prepare in the morning if desired for the evening meal. This bread is nice if steamed three or four hours.

RAISED BROWN BREAD—2.

1 quart corn meal,	1 teaspoon salt,
1 cup yeast,	1 teaspoon soda,
2 tablespoons lard,	Wheat flour.

Pour enough boiling water over the meal to moisten well. When cool, add yeast, and let rise over night. In the morning add the melted lard, soda, salt, and enough flour to knead. It must not be too stiff. Let rise until quite light, make into loaves and rise again. Bake $1\frac{1}{2}$ hours in a slow oven.

QUICK BROWN BREAD.

$1\frac{1}{2}$ pints meal,	3 teaspoons baking powder,
$1\frac{1}{2}$ pints flour,	1 teaspoon salt,
1 tablespoon lard.	

Make a medium batter with warm water and bake.

RYE BREAD.

Scald 3 or 4 quarts of rye flour with boiling water, stirring constantly. The batter should be thick enough for the spoon to stand upright. When it is cool, add yeast and a cup of molasses, stir it well and let it rise over night. In the morning, add wheat flour, knead it and let it rise; knead it down once, let it rise again, and knead it into loaves. When it is light, put it into the oven and watch it carefully, for it burns much more easily than white bread. It never rises so light as white bread, so do not let it stand too long or it will be sour.

GRAHAM BREAD—1.

1 pint graham flour,	1 pint bread sponge,
1 pint white flour,	1 teaspoon salt,

Warm water to mix.

Mix soft, put in deep round tins, well buttered, and when light, bake slowly.

GRAHAM BREAD—2.

1 cup molasses,	1 teaspoon salt,
1 cup yeast,	1 quart warm water.

Stir in enough graham flour to make a soft dough; pour it into well-greased pans, let rise 1 hour, then steam 1 hour, after which put into the oven and bake half an hour. This will make two medium-sized loaves.

GRAHAM BREAD.

1 quart warm water,	$\frac{1}{2}$ cup yeast,
$\frac{1}{2}$ cup brown sugar,	1 teaspoon salt.

Thicken the water with unbolted flour to a thin batter; add sugar, salt and yeast, and stir in more flour until quite stiff. In the morning add a small teaspoon soda and flour enough to make the batter stiff as can be stirred with a spoon; put it into pans and let rise again; then bake in even oven, not too hot at first; keep warm while rising; smooth over the loaves with a spoon or knife dipped in water.

QUICK GRAHAM BREAD.

3 cups sour milk,	$\frac{1}{2}$ cup molasses,
2 teaspoons soda,	1 teaspoon salt.

Dissolve the soda in a little hot water before stirring into the milk, add molasses, salt, and as much graham flour as can be stirred in with a spoon; pour in well-greased pan, put in oven as soon as mixed, and bake 2 hours.

BUTTERMILK GRAHAM BREAD.

1 pint yeast,	2 teaspoons salt,
2 quarts sweet buttermilk.	

Scald the buttermilk, sweet milk or water can be used if necessary, let cool, add salt, homemade yeast, and make the sponge with white flour. When risen, mix with graham flour, knead, let rise, knead down, let rise again, and knead into separate loaves. When risen to double its size, it is ready for the oven. Let it

bake 45 minutes. [Many consider bread nicer with less kneading. —Ed.]

RYE BREAD.

1 pint corn meal, 1 cup yeast,
1 quart warm water.

Thicken the water with rye flour and add yeast. Scald the corn meal and when cool stir into the sponge, adding more rye flour until thick enough to knead. Knead but little, let rise, mould into small loaves, let rise and bake. Wheat sponge may be used instead of rye.

RYE BREAD.

Make sponge as for wheat bread, let rise over night, then mix it up with the rye flour (not so stiff as wheat bread), and bake.

RYE AND INDIAN BREAD.

1 quart rye meal, ½ cup molasses,
2 quarts Indian meal, 1 teaspoon soda,
1 cup yeast, 2 teaspoons salt.

Scald the meal by pouring just enough boiling water over it to wet it, stirring constantly, do not make a batter, then add molasses, soda, salt and yeast. Make as stiff as can be stirred with a spoon, mixing with warm water, and let rise all night; then put in a large pan, smooth the top with the hand dipped in cold water, let it stand a short time, and bake 5 or 6 hours. If put in the oven late in the day, let it remain all night. Graham flour may be used instead of rye meal.

BREAKFAST AND TEA CAKES.

The "civilized man cannot live without cooks" and the wise, intelligent cook finds her opportunity in such preparation for the morning meal as shall conduce to the best results during the day; the food should be as healthful and appetizing, as the table dainty and inviting in its appointments. Thought and care, waiting on knowledge, provide for these, though the purse be low and the materials few and coarse. A wide latitude is given in the opportunity of selection, from mush to waffles, biscuits to johnnycakes, rolls to crullers, gems to pancakes, but there is only one healthful way of preparation, although these articles vary in their respective ability to nourish the body. Raised biscuit, rolls and muffins,

being small, need to rise very light before baking, as the heat acts immediately upon them, and prevents but little further expansion from the confined gas. They require a hotter oven than is needed for bread, but not so hot as for soda or baking powder biscuit. Full directions are given in most of the recipes, but it will be helpful to bear these general ones in mind.

Handle soda and baking powder biscuit as little and as rapidly as possible. With sour milk use soda, with sweet milk baking powder, or soda and cream of tartar. For one quart of flour take three teaspoons baking powder, or one of soda to two of cream of tartar. Buy the pure bi-carbonate of soda and cream of tartar from a reliable drug store, and use the best baking powder. There are many powders on the market, but avoid those known to have alum, ammonia or such deleterious substances in their composition. Though a little longer time is required when using soda and cream of tartar than baking powder, they certainly seem more in accordance with health. Soda, or raised biscuit, rolls, bread and cake, when stale, can be freshened by plunging them into cold water and putting into a hot oven for ten or fifteen minutes. They should be used immediately. Gem pans, muffin rings, pop-over cups and waffle irons should be greased and heated very hot before using.

The genuine English griddle muffin is never considered cooked until it has been split and toasted. A very delicious breakfast dish is the yeast muffin, baked in the oven and served immediately. This is the New England method.

RAISED BISCUITS—1.

1 pint hot milk,	1 tablespoon butter,
1 quart flour,	1 saltspoon salt,
1 cup yeast,	1 egg.

Dissolve butter in the milk; when lukewarm stir in the beaten egg, salt, yeast and flour. Work the dough until smooth. If winter, set in a warm place; if summer, in a cool one to rise. In the morning work softly and roll out one-half inch and cut into biscuit and set to rise for 30 minutes, when they will be ready to bake. These are delicious.

RAISED BISCUITS—2.

1 tablespoon butter,	1 tablespoon sugar,
1 tablespoon lard,	1 egg,
2 cups bread sponge.	

Melt butter and lard, stirring them together with the sugar and the well-beaten egg into the sponge. Mix into a soft dough. Knead into a loaf and set to rise in a buttered bowl. When light, roll out to the thickness of 1 inch, cut out with a biscuit cutter, put in shallow pans to rise, and bake in a quick oven.

BUTTER BISCUITS.

2 cups flour,	$\frac{1}{2}$ cup yeast,
$1\frac{1}{2}$ cups milk,	1 teaspoon salt,
1 cup butter,	2 eggs.

Rub the butter into the flour, then add salt, milk, and yeast, stirring in enough to mould up after adding the well-beaten eggs. Place the dough where warm; when risen, mould with the hand into small cakes, and put them on flat, buttered pans. Bake after rising one-half hour.

BUTTERMILK BISCUITS.

1 quart flour,	1 tablespoon lard,
1 teaspoon salt,	1 teaspoon soda.

Make a soft dough with sour buttermilk; mould into small, round balls; set closely together in a greased pan, bake one-half hour.

CREAM BISCUITS—1.

1 cup sour cream,	$\frac{1}{2}$ teaspoon soda,
$\frac{1}{2}$ cup sugar,	1 saltspoon salt.

Make into a soft dough by adding flour to these ingredients; roll thin, cut out and bake.

CREAM BISCUITS—2.

1 quart flour,	1 saltspoon salt,
2 teaspoons baking powder.	

Sift flour, salt and baking powder together; stir in sweet cream and milk in equal parts, to make a soft dough. Bake in a quick oven. These may be made with sour cream and milk with 1 teaspoon soda, in place of the sweet cream and baking powder. To be eaten with butter and honey or maple syrup.

EGG BISCUITS—1.

Make a dough as for baking powder biscuit but richer, and almost the last thing, add the whites of 2 or 3 eggs beaten to a stiff froth. These are as light as a feather.

EGG BISCUITS—2.

1½ pints milk,	1 teaspoon salt,
1 pint flour,	6 eggs.

Have the oven properly heated, and the cups or pans buttered and placed where they will be hot when needed. Sift the salt into the flour; beat the eggs until light and foaming; beat them into the flour; add milk. The beating must be continuous and equal, no pause being made from beginning until the batter is put into the buttered pans or cups. Put into the oven at once; the door need not be opened for 10 minutes, and then only long enough to make sure that the heat is not quick enough to burn. Bake until they have risen high and are brown where the sides touch the cups. Serve hot. If taken from the oven before the sides are brown, they may fall. This quantity will fill a dozen cups, or make four little loaves.

FEATHER BISCUITS.

1½ quarts flour,	⅓ cup butter,
1½ pints warm milk,	⅓ cup sugar,
2 eggs,	⅓ cup yeast.

Rub together butter and sugar, add the well-beaten eggs and part of the flour, then the milk, the rest of the flour and the yeast. Mix well for 10 minutes. Let rise over night, and in the morning fill gem roll pans three-fourths full. At the end of 1 hour bake in a hot oven.

GRAHAM BISCUITS—1.

3 cups graham flour,	1 tablespoon sugar,
1 cup white flour,	1 teaspoon salt,
3 cups milk,	1 teaspoon soda,
1 tablespoon butter,	2 teaspoons cream of tartar.

Sift cream of tartar into the flour. After sifting the graham flour to make it light, put in salt and sugar, rub the lard lightly through the flour, add soda dissolved in a little of the milk, and, as rapidly as possible the rest of the milk; stir all together quickly, roll out lightly, cut into cakes at least one-half inch thick, and bake in a quick oven.

GRAHAM BISCUITS—2.

1 cup graham flour,	1 tablespoon sugar,
$\frac{3}{4}$ cup cold water,	1 tablespoon lard,
$\frac{1}{2}$ cup white flour,	1 teaspoon salt,
1 heaping teaspoon baking powder.	

Mix well with a spoon, adding lard and cold water last. Beat the batter 1 minute, put into muffin pans and bake. When done, put them on a plate and cover with a stone crock for 5 minutes. This is very important as it prevents their being hard and indigestible.

GRAHAM FINGERS AND THUMBS.

1 pound graham flour,	2 ounces lard,
3 gills sweet milk,	2 ounces butter,
1 teaspoon salt,	1 teaspoon soda,
3 teaspoons cream of tartar.	

Sift salt, soda, cream of tartar and flour together; work in the lard and butter until fine; mix quickly with the milk; roll the dough on a floured board, handling as little as possible. Let it be one-half inch thick. Cut one-half of this into strips 4 inches long by 1 inch wide. Have biscuit pans well greased; put the strips into them so as not to touch each other. Bake in a quick oven 10 or 15 minutes. Cut the rest of the dough into rings, double these, draw out a little and bake like the strips. Serve hot on the same plate.

HIGH BISCUITS.

1 small loaf dough,	1 heaping tablespoon butter,
1 egg,	1 level tablespoon sugar.

On baking days reserve the dough, and mix butter, sugar and egg into it by pulling it to pieces with the hands; knead into a loaf, let rise, then, by rolling between the hands, make into balls the size of a small hen's egg, place in rows in very well-greased dripping pan; when half full raise the end that is empty almost perpendicular, and shake gently until the balls slide compactly together, then add more, and continue doing so until the pan is full; rub over the top with melted butter, let rise until very light, and bake.

HARD BISCUITS.

2 pounds flour,	3 gills milk,
$\frac{1}{4}$ pound butter,	1 saltspoon salt.

Cut up the butter and rub it in the flour, add the salt and milk, knead dough for one-half hour, cut cakes about as large as a small teacup, and one-half inch thick, prick with a fork, and bake in a moderate oven until they are a delicate brown.

MARYLAND BISCUITS.

1 quart flour,	1 tablespoon butter,
1 teaspoon salt,	1 tablespoon lard.

Work together lard, butter, salt, and flour; use the hand to mix a rather stiff dough, and lay upon a floured board; beat with the rolling pin, folding as often as it is flattened, until it blisters and cracks. This beating will occupy at least one-half hour. When the dough is properly light, break off pieces as large as an egg, roll them round, prick the top with a fork, and bake on a buttered tin, in a moderate oven.

POTATO BISCUITS.

3 heaping pints flour,	$\frac{1}{2}$ cup butter,
1 pint milk,	$\frac{3}{8}$ cup yeast,
5 medium sized potatoes,	1 teaspoon salt,
1 tablespoon white sugar.	

Boil and sift the potatoes, add salt, sugar, and work in the butter. Warm the milk, add part of it and part of the flour. Stir in the yeast, then the rest of the milk and flour. Beat well or knead 15 minutes. Cover closely, and let rise over night. Roll out in the morning, cut with a biscuit cutter, and make with the hands into long, narrow rolls, kneading as little as possible. Let rise $1\frac{1}{2}$ to 2 hours before baking.

VIENNA BISCUITS.

1 quart sweet milk,	$\frac{1}{2}$ cup yeast,
2 quarts flour,	1 teaspoon sugar,
1 cup butter,	1 egg,
1 teaspoon salt.	

Set at night, and in the morning add just enough flour to make a dough of the consistency of baking powder biscuit. Let rise, then roll out 1 inch in thickness, and let it rise again before baking. Scald milk before using.

WATER BISCUITS.

Sift a sufficient quantity of flour for the number of the family; add a good pinch of salt to it, and mix hard with cold water,

adding a little at a time until all the flour is mixed in. Work well and cut in small pieces; work them round and roll thin. They should be less than one-half inch thick and 3 inches in diameter. Bake quickly in a hot oven, and butter them while hot.

BREAKFAST BISCUITS.

1 quart sweet milk,	1 teaspoon salt,
½ cup melted butter,	4 teaspoons baking powder.

Mix these ingredients with flour sufficient for a stiff batter. Drop from the spoon into buttered pans, and bake in a hot oven.

BAKING POWDER BISCUITS.

1 quart flour,	1 teaspoon salt,
2 tablespoons lard,	Milk,
3 teaspoons baking powder.	

Let the oven be very hot and the pans greased before mixing dough. Sift salt and baking powder into the flour. Stir in milk sufficient to make a soft dough, knead quickly, roll out 1 inch thick and cut with biscuit cutter. Bake about 20 minutes. If cream is used in mixing, omit the lard.

ABERNETHY BISCUITS.

2 eggs,	2 tablespoons sugar,
1 pint milk,	1 tablespoon salt,
3 pints flour,	4 tablespoons lard,
1½ tablespoons baking powder,	2 tablespoons caraway seeds.

Sift together flour, sugar, salt and powder. Rub in lard and add the remainder of the ingredients. Give a few vigorous kneads and roll out till one-fourth of an inch in thickness. Cut into biscuits and bake 15 minutes. Store when cold.

BERLIN WREATHS.

1 pound washed butter,	½ pound white sugar,
2 pounds flour,	4 eggs, yolks,
4 hard boiled eggs, yolks.	

Mix flour and sugar well together, then work in the butter and yolks of eggs. Cut the mixture into 6-inch strips, which should be round and as thick as a finger. Lap the ends, dip the cakes into the beaten whites, then into coarse sugar, place on buttered tins and bake a light brown. They will keep a year and be just as good at last as at first.

CHOCOLATE BISCUITS.

Mix some powdered chocolate and powdered sugar into a paste

with whites of eggs. Mould, and bake on paper in moderate oven.

CREAM BISCUITS.

6 ounces powdered sugar, 6 ounces flour,
6 eggs.

Beat yolks and whites separately. Add to the yolks the sugar and flour, then the whites and enough whipped cream to mix well. Pour into moulds and bake.

DESSERT BISCUITS.

$\frac{1}{2}$ pound powdered sugar, 6 eggs, yolks,
 $\frac{1}{2}$ pound butter, 1 pound flour,

Flavor with ginger or lemon.

Beat the butter to a cream, add flour, sugar, and flavoring by degrees; moisten the whole with the well-beaten yolk of eggs. Drop the mixture from the spoon upon a well-buttered paper, 2 or 3 inches apart. Bake in a slow oven from 15 to 18 minutes. Let the biscuits be a pale brown. Any flavoring can be used, and into part of the mixture currants can be stirred. This makes from three to four dozen cakes.

ENGLISH BISCUITS.

$1\frac{1}{2}$ pints flour 3 tablespoons sugar,
 $\frac{1}{2}$ pint milk, 1 tablespoon lard,
1 cup cornstarch, 1 tablespoon coriander seed,
 $\frac{1}{2}$ cup currants, 1 egg.

Sift dry ingredients together; rub in lard cold; add eggs, milk, currants and seeds. Mix into dough soft enough to handle. Roll one-half inch thick. Cut out and bake 20 minutes.

JASMINE BISCUITS.

1 cup powdered sugar, 6 eggs, whites,
Jasmine flowers.

Beat up some freshly gathered flowers with the eggs and sugar. Make into small biscuits; lay on paper, sprinkle with sugar, and bake in a moderate oven.

LEMON PEEL BISCUITS.

4 tablespoons flour, 4 eggs,
 $\frac{1}{4}$ pound powdered sugar, Lemon peel.

Mix thinly sliced lemon peel with flour, sugar and eggs. Spread on greased paper, sprinkle with sugar and bake. When done, remove from paper and cut into squares.

LEMON BISCUITS.

1¼ pounds flour,	1 ounce lemon peel,
¾ pound powdered sugar,	4 eggs,
6 ounces fresh butter,	2 dessert spoons lemon juice.

Rub the flour into the butter, stir in the sugar and finely-minced peel, add the eggs, well beaten, and the lemon juice. Beat together well, drop from the spoon on a buttered tin, about two inches apart. Bake from 10 to 15 minutes. They should be a pale brown color.

LISBON BISCUITS.

4 eggs,	5 tablespoons flour,
1 tablespoon powdered sugar.	

Beat eggs, flour and sugar together. Pour the batter over a sheet of paper previously sprinkled with sugar, and sprinkle more on top. Bake in a moderate oven.

ICED BISCUITS.

½ pound powdered sugar,	½ cup sweet milk,
½ scant pound flour,	12 eggs, yolks,
1 teaspoon baking powder.	

Add sugar to the well-beaten eggs, with the milk; sift the flour and baking powder into the mixture, flavoring to taste. Bake in biscuit pans. If rightly made it will be very light. Do not bake too fast, and have the oven about as for sponge cake. When cold, cut into slices 3 inches long and 1 inch wide. Ice the sides, ends and top with white, pink and chocolate icing. Dry in oven, and then, if desired, the bottom may be iced. Build in square blocks and place on table. Serve a plate each of the white, pink, and the brown, or they may be mixed in building.

NUN'S BISCUITS.

2 pounds powdered sugar,	Citron,
½ pound flour,	4 lemons,
12 eggs,	16 ounces almonds.

To the beaten whites of the eggs add the blanched and powdered almonds. Beat the sugar and flour with the yolks and mix all together. Add the grated rind of the lemons and a little sliced citron. Make the whole into paste, and bake in buttered patty pans. Fill them half full. When they begin to brown, turn, sprinkle with sugar and brown again.

QUEEN'S BISCUITS.

1½ pounds flour,	24 eggs, whites,
1½ pounds powdered sugar,	18 eggs, yolks,
Crushed coriander seed.	

Make a soft paste of the flour, sugar, and eggs, adding a little coriander seed, also a little yeast if desired. Bake on paper in a moderate oven till they begin to brown.

ROCK BISCUITS.

1 pound powdered sugar,	6 eggs,
½ pound flour,	Currants.

Beat the eggs till very light, add the sugar, then the flour gradually, and finally the currants. Mix well together, put the dough on the tins with a fork, making it look as rough as possible. Bake in a moderate oven from 20 minutes to half an hour. When cool, store them away in a dry place.

SAVOY BISCUITS.

1 pound flour,	3 tablespoons water,
1 pound powdered sugar,	12 eggs.

Beat the eggs with the water, adding gradually the sugar. When it becomes thick, stir in the flour. Mould into long cakes and bake slowly.

SUGAR BISCUITS.

1½ pints flour,	1 tablespoon lard,
½ pint milk,	1 teaspoon salt,
1 cup sugar,	2 eggs,
2 teaspoons baking powder.	

Mix into smooth batter and drop into tins. Bake in a hot oven 8 or 10 minutes.

MAPLE SUGAR BISCUITS.

1 quart flour,	1 pint milk,
2 tablespoons butter,	1 cup maple sugar,
3 teaspoons baking powder or cream of tartar and soda.	

Whatever is used to lighten the biscuit, whether soda and cream of tartar or baking powder, sift it through the sieve with the flour. Rub the butter through the flour, so thoroughly that some portion of the butter touches every portion of the flour. The success of any baking powder or of a soda biscuit depends upon care at this point. Stir in rich, new milk to make a soft dough. At this period add the maple sugar cut into irregular dice about the size

of peas. Dredge a board; turn out the dough. Dredge flour over it and roll as quickly as possible till about an inch thick. Cut out the biscuit with a small tumbler or biscuit cutter, not over 2 inches in diameter. They will rise to the proper size. Bake 15 minutes in a very hot oven. Serve hot. These maple sugar biscuits are a delightful change.

PARKER HOUSE ROLLS.

2 quarts flour,	$\frac{1}{2}$ tablespoon butter,
1 pint cold boiled milk,	$\frac{1}{2}$ tablespoon lard,
$\frac{1}{2}$ cup yeast,	$\frac{1}{2}$ cup sugar,
1 teaspoon salt,	1 egg.

If wanted for supper, rub the flour and butter together, boil the milk, and cool it the night before. Make a well in the flour, pour into it the milk, to which has been added the sugar, salt, well-beaten egg, and yeast, but do not stir. Let stand over night. In the morning stir, knead, and let rise till near tea time. When very light, roll out and cut with a biscuit cutter; put a little melted butter on half the biscuit, and fold nearly over on the other half. Place in the pan about 3 inches apart. Let rise and bake.

FRENCH ROLLS.

6 potatoes,	$\frac{1}{2}$ cup yeast,
1 teaspoon salt,	$\frac{1}{2}$ cup lard,
2 quarts water.	

Peel potatoes, boil in the water, press and drain potatoes and water through a colander; when cool enough not to scald, add flour to make a thick batter, beat well, and add yeast. Make this sponge early in the morning, and when light turn into a breadpan, add salt, lard, and flour enough for a soft dough; mix and let rise in a warm, even temperature; when risen, knead down and place again to rise, repeating this process 5 or 6 times; cut in small pieces and mould in rolls about 1 inch thick by 5 long; roll in melted butter or sweet lard, and place in well-greased baking pans; nine inches long by five wide and two and one-half deep, makes a convenient pan, which holds fifteen of these rolls; if twice the width, put in 2 rows; press the rolls closely together, so that they will only be about half an inch wide. Let rise a short time and bake 20 minutes in a hot oven; if the top browns too rapidly,

cover with paper. These rolls, if properly made, are very white, light and tender.

Or, make rolls larger, and just before putting them in the oven, cut deeply across each one with a sharp knife. This will make the cleft roll, so famous among French cooks.

ITALIAN ROLLS.

Work one-fourth pound butter into 1 pound of bread dough when it has risen ready for the oven, roll it out half an inch thick; cut in strips 1 inch wide by 7 or 8 inches long. Sift fine corn meal over them. Place on a sheet of greased tin, so they will not touch each other, and when light, about one hour, bake 10 minutes in a quick oven.

BREAKFAST ROLLS—1.

Mix the dough in the evening, according to directions in the recipe for Bread Raised Once; add a tablespoon of butter, and set where it will be a little warm until morning; cut off pieces, and carefully shape them into rolls of the desired size by rolling them between the hands, but do not knead them; dip the sides of each into drawn butter when they are shaped, and place them in the pan; the butter prevents their sticking together when baked, and they will be smooth and perfect when separated. Rub them over the top with drawn butter, and dust with a little fine salt. Set in a warm place, and they will quickly rise for baking. These are delicious.

BREAKFAST ROLLS—2.

1 cup sweet milk,	2 eggs, whites,
$\frac{3}{8}$ cup butter,	1 teaspoon salt,
$\frac{1}{2}$ cup yeast,	2 tablespoons sugar,

Flour for thick batter.

Let rise over night, adding the eggs, beaten to a foam, and the sugar in the morning. Mould quickly, and let rise a little and bake. Very nice.

LONG BREAKFAST ROLLS.

$3\frac{1}{2}$ cups sweet milk,	$\frac{1}{2}$ cup lard,
1 cup yeast,	$\frac{1}{2}$ cup butter,

1 egg.

Take flour enough to make into dough; let rise over night. In the morning add the beaten egg, knead thoroughly, and let rise

again. With the hands make into balls as large as an egg; then roll between the hands to make long rolls, about three inches, place close together in even rows in the pans. Let rise until light, and bake delicately.

DINNER ROLLS.

Make dough as directed in recipe for Long Breakfast Rolls, make into balls as large as a medium-sized egg, place on a well-floured board, flour a small rolling-pin, three-fourths inch in diameter, press down so as nearly to divide each ball of dough in the center, place in pans without touching each other, grease the space made by the rolling-pin with melted butter, let rise until light, and bake. These rolls are so small and bake so quickly, that they have the delicious sweet taste of the wheat. Some grease the hands with butter while making the rolls. Bread dough, by adding the other ingredients, may be used for these rolls.

TEA ROLLS.

1 pint sweet milk,	$\frac{1}{2}$ cup yeast,
1 pint warm water,	$\frac{1}{2}$ cup butter,
1 teaspoon salt,	$\frac{1}{2}$ cup sugar.

In the morning make sponge with milk, water, yeast and flour. When light and foamy, add sugar, butter, salt, and flour enough to knead the dough without sticking to the board. Let rise once, then with the hands mould into oblong rolls, about 4 inches long. Grease the hands when doing this. Place the rolls in greased tins, not quite touching each other. When light, or about twice their first size, put in a hot oven to bake. They should be done in thirty minutes. When done, place right side up on a clean towel, and then take a tablespoon nearly half full of white sugar, fill up with water, and with the finger moisten the tops of all the rolls.

COFFEE ROLLS.—1.

Work into a quart of bread dough a rounded tablespoon of butter, and a half cup of white sugar; add some dried currants, dredge with flour and sugar, make into small rolls, dip into melted butter, place in tins, let rise a short time, and bake.

COFFEE ROLLS—2.

12 cups flour,	1 cup yeast,
3 cups warm milk,	$\frac{1}{4}$ cup butter,
1 cup white sugar,	$\frac{1}{4}$ cup lard,
1 grated nutmeg,	3 eggs.

Mix all together and let rise over night. If well risen in the morning, knead and set in a cool place until 3 P. M., then shape into long rolls and let them rise nearly 2 hours. Bake half an hour in a moderate oven. When done, glaze with a little milk and brown sugar, and set back in the oven 2 minutes.

CINNAMON ROLLS—1.

Mix some shortening, an egg and a little sugar into a piece of light bread dough; roll out to one-fourth inch thickness, spread with butter, and sprinkle with sugar and cinnamon; roll up, and slice off with a sharp knife like jelly roll. Place in pans like biscuit, let rise, and when light, put a lump of butter, a little sugar and cinnamon on each one and bake.

CINNAMON ROLLS—2.

Pie crust,

Sugar.

Cinnamon,

Roll out the pie crust, sprinkle cinnamon and a little sugar over it; cut in narrow strips, roll up tight, put in a well-buttered pan, brown nicely, and serve.

GRAHAM ROLLS.

1 quart graham flour,

1 teaspoon salt,

1 pint buttermilk,

1 tablespoon butter,

1 teaspoon soda.

Sift the soda into the flour; stir salt, melted butter and flour into the buttermilk. Drop into roll pans and bake half an hour.

EXCELLENT ROLLS.

1 pint new milk,

 $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup yeast,

1 teaspoon salt,

1 tablespoon sugar,

2 eggs, whites.

Scald the new milk, adding to it when cool, sugar, yeast, and flour enough to make a stiff batter. Let rise over night, and in the morning add butter, salt, and the beaten whites of eggs. Mix, knead well and let rise, then knead again and roll out until three-fourths inch in thickness. Cut with a biscuit cutter, spread butter on one half and roll the other half over it. Let rise until very light, then bake.

CRESCENTS OR VIENNA ROLLS.

Use recipe for Vienna Bread No. 2, adding 1 tablespoon butter. When very light, roll the dough until one-eighth inch thick;

cut into pieces 5 inches square, and then into triangles. Hold the apex of the triangle in the right hand, roll the edge next the left hand over and over toward the right, stretch the point and bring it over and under the roll. Bend the ends of the roll around like a horseshoe, being careful to keep in the folding.

WINTER ROLLS.

3 quarts flour,	1 cup yeast,
1 quart buttermilk,	1 cup lard,
1 quart cold water,	Salt.

Put the flour into a jar, scald the buttermilk, add lard and pour all over the flour, beating it up well; add water and yeast; set in a warm place to rise over night. In the morning add salt, and flour enough to make a moderately stiff dough; when risen, knead and set to rise again. This time knead down and place in a large stone crock or bowl, covered tightly to prevent the surface from drying, and set away in a cool place. When needed, turn out on a bread board, take off a piece as large as you wished, roll out to the thickness of ordinary soda biscuit, cut, and put in the oven to bake immediately. Set the dough away as before; it will keep a week in winter, and is very convenient for hot breakfast rolls.

POCKET BOOKS.

1 quart new milk,	1 cup yeast,
4 tablespoons sugar,	$\frac{1}{2}$ cup lard,
2 eggs,	$\frac{1}{2}$ cup butter,
$\frac{1}{8}$ teaspoon salt.	

Warm the milk, add butter, lard, sugar, and the well-beaten eggs; stir in flour to make a moderately stiff sponge, add the yeast, and set in a warm place to rise, which will take three or four hours; then mix in flour to make a soft dough and let rise again. When well risen, dissolve a little soda in a spoonful of milk, work it into the dough and roll into sheets one-half inch in thickness; spread with thin layer of butter, cut into squares, and fold over, pocketbook shape; put on tins or in pans to rise for a little while, when they will be fit for the oven. In summer the sponge can be made up in the morning, and rise in time to make for tea. In cool weather it is best to set it over night.

RUSKS AND BUNS.

Rusk is not the sweet hot biscuit so often called by this name in New England—that is properly a bun. A genuine rusk is a slightly sweet dried bread, which may be eaten as it is, crisp and delicious; or it may be soaked in ice-cold milk, with an accompaniment of berries and the richest and best of cream cheese. It is an ideal summer dish, served with cream and berries. There are two kinds of rusk, that which is sweet and that which is made without sweetening.

GENUINE RUSK.

1 quart flour,	$\frac{1}{2}$ cup butter,
1 cup scalded milk,	$\frac{1}{2}$ cup yeast,
1 teaspoon salt,	3 eggs.

Rub the butter into the flour, add the milk, beating it into the flour. It should form as thick a batter as can be well stirred. Add the well-beaten eggs, stirring them in one by one while the mixture is lukewarm, then the salt, and finally the yeast. Beat the batter well. Let it rise 10 hours. Then turn out on a board dusted with flour. Dredge the risen mass with flour and knead until it ceases to cling to the hand. It will require fifteen or twenty minutes' vigorous kneading. Let rise again, then roll out about an inch in thickness, and cut into small, round biscuit shapes. Place these on floured tins and let rise three-fourths of an hour before putting them in the oven. They should be well covered in the biscuit tins. Bake the rusks from 15 to 20 minutes in a quick oven. Split while still warm and put into a slow oven or into the heating closet of the range till perfectly crisp and dry through and through. They may then be put in a loose bag and hung up in a dry place to gain perfection. In two weeks they will be ready to use, though they will be delicious in three days. To make a sweet rusk add at least 1 cup of sugar to the above rule. These rusks should be evenly and regularly browned throughout.

RUSK—1.

2 cups raised dough,	$\frac{1}{2}$ cup butter,
1 cup sugar,	2 eggs,

Cinnamon.

Rub the butter and sugar together, beating in the eggs, and add-

ing flour to make a stiff dough. Set to rise, and when light, mould into high biscuit and let rise again; sift sugar and cinnamon over the top, and place in oven.

RUSK—2.

1 pint milk,	1 cup butter,
3 eggs,	1 cup sugar,
1 large cup potato yeast.	

Use flour to make a thick sponge; in the morning stir down, let rise, and stir down again; when it rises make into a loaf, and let rise again; then roll out like soda biscuit, cut and put in pans, and, when light, bake carefully; or make into rather high and narrow biscuit, let rise again, rub the tops with a little sugar and water, then sprinkle over them dry sugar. Bake 20 minutes.

CREAM RUSK.

1 pint warm water,	1 cup sugar,
1 cup rich cream,	1 cup yeast,

Flour for stiff batter.

Let rise over night and work down several times. When ready to bake, roll and cut in small cakes, put in a buttered pan, let rise and bake. Sprinkle with sugar when taken from the oven.

LEBANON RUSK.

1 cup potatoes,	1 cup yeast,
1 cup sugar,	3 eggs,
$\frac{1}{2}$ cup butter and lard.	

Mash the potatoes, add the sugar, homemade yeast, and eggs; mix together, let rise, and add the butter, lard, and flour enough to make a soft dough; when risen again, mould into small cakes, and let them rise before baking. If wanted for tea, set about 9 A. M.

BUNS.

1 cup milk,	$\frac{1}{2}$ cup yeast,
1 cup sugar,	1 egg,
$\frac{1}{2}$ cup butter,	Currants,

Cinnamon.

Rub the butter and sugar together, add egg, milk and yeast, flavor with cinnamon; stir in flour to make a soft dough. Let rise till very light, then mould into biscuit with a few currants. Let rise a second time in pan; bake, and, when nearly done, glaze with a little molasses and milk. Use the same cup, no matter about the size, for each measure.

CINNAMON BUNS.

1 quart milk,
 $\frac{1}{2}$ cup sugar,
 $\frac{1}{2}$ cup yeast,

$\frac{1}{2}$ cup butter,
 $\frac{1}{2}$ teaspoon salt,
 1 egg,

Cinnamon.

Scald the milk to a curd. Make a very soft batter taking the whey and mixing it with the butter and sugar, egg, salt and flour. Milk can be used instead of whey if desired. When light add flour enough to make a soft dough. Let rise again, roll out 1 inch in thickness, spread with butter, sprinkle on cinnamon and sugar. Roll together, and cut from the end, with a very sharp knife, slices 1 inch thick and lay flat on tins. Sprinkle over them some of the cinnamon and sugar. When light, bake in a quick oven. Very nice.

HOT CROSS BUNS.

2 pounds flour,
 $\frac{1}{3}$ pound sugar,
 $\frac{1}{2}$ pound butter,
 $\frac{1}{2}$ teaspoon salt,

1 pound currants,
 $\frac{1}{2}$ pint warm milk,
 $\frac{1}{2}$ cup yeast,
 1 teaspoon mixed spice.

Mix the flour, sugar, spice and currants; make a well in the flour, pour in the yeast and milk. Make a thin batter with the surrounding flour and milk; cover the pan and set it to rise. Then add the melted butter and enough milk to make a soft paste of all the flour. Dust with flour, cover and let rise for half an hour. Shape the dough into buns, place in rows on pans to rise for half an hour. Stamp with a cross mould, this may be done roughly with the back of a knife, and bake 20 minutes in a quick oven. This makes two dozen buns.

NEW ENGLAND BUNS.

$1\frac{1}{2}$ quarts flour,
 1 pint milk,
 $\frac{2}{3}$ cup currants,
 $\frac{3}{4}$ cup yeast,

$\frac{1}{2}$ cup butter,
 1 teaspoon cinnamon,
 1 teaspoon lemon juice,
 2 eggs,

3 tablespoons white sugar.

Rub the butter and 2 tablespoons of sugar together, stirring in the well-beaten eggs. Sift in 1 pint of flour, measure the flour before sifting, add the milk, and sift in the rest of the flour. After adding the yeast, beat well for 10 minutes. Mix in the evening, cover well, and let rise all night. In the morning, add 1 table-

spoon of sugar, stir well, and let rise till afternoon. Then rub the currants through well-floured hands, and stir into the dough. Add cinnamon and lemon juice if the latter is desired. Flour thoroughly the rolling-pin and board and roll out over half an inch thick and cut with a biscuit cutter. This dough is soft, but do not use more flour, though hard to roll. Round up the buns when putting them in the pans, and do not let them touch each other. Let rise 2 hours. Bake a light brown, and when done brush the top of each with the white of an egg into which a little sugar has been beaten. They will be ready for tea. This recipe makes thirty buns.

NOBBY BUNS.

2 pounds flour,	4 teaspoons cinnamon,
1 pound butter,	6 eggs,
1¼ pounds sugar.	

Rub the butter to a cream, and work it into the flour and cinnamon. Beat sugar and eggs together, and mix all as quickly as possible. Have flat sheets of tin ready, and drop on the mixture in rough heaps from the spoon. Bake in a rather quick oven to a nice brown.

QUICK BUNS.

2 cups bread sponge,	½ cup sugar,
¾ cup currants or raisins,	1 teaspoon cinnamon,
½ cup butter and lard,	1 egg.

Rub the butter and sugar together, and add the well-beaten egg, mixing well. Stir in the cinnamon and fruit, with flour to knead into a soft loaf. Let rise well, then roll out 1 inch thick, and cut with a biscuit cutter, set to rise, and bake in a quick oven. Brush the top with the white of egg and sugar beaten together.

SPANISH BUNS.

1 pound flour,	½ cup yeast,
¾ pound sugar,	1 teaspoon cinnamon,
½ pound butter,	½ teaspoon nutmeg,
½ pint milk,	4 eggs,
2 tablespoons rose-water.	

Cut up the butter and rub it well with the flour, add the sugar, beat the eggs very light, and stir in lastly the spices and rose-water, with milk enough to form a very thick batter, then add the yeast. The next morning stir it again and let it rise the second

time. Butter pans and fill them three-fourths full. When done and cold sift sugar over, and with a sharp knife cut them in squares.

CONVENIENT BATTER.

2 cups milk,	1 tablespoon melted butter,
2 cups flour,	2 teaspoons baking powder,
2 eggs,	1 saltspoon salt.

Beat whites and yolks separately and stir the yolks into the milk, add salt, melted butter and the flour into which the baking powder has been sifted, lastly the whites. This batter can be used for muffins in rings, baked on a griddle, or in an oven, or baked in one shallow pan as a breakfast cake, or as a pudding if served with sauce, or made a little thinner and poured into a dripping pan with roast beef. It is then called Yorkshire pudding.

BANNOCK—1.

1 pint corn meal,	1 egg,
1 tablespoon cream,	Salt,

Boiling water.

Pour over the meal enough water to moisten it. Let it stand a few minutes; add salt, the beaten egg, sweet cream or 1 tablespoon butter. Make into balls and fry in hot lard. Serve hot.

BANNOCK—2.

1 quart corn meal,	1 teaspoon salt,
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Boiling water.

Scald the meal and salt with sufficient boiling water to make a batter thick enough to be easily stirred. Pour into a baking pan to the thickness of 1 inch, and smooth with a wet spoon. Let the oven be very hot, for the quicker this bakes the nicer it is.

GRAHAM BANNOCK.

2 cups graham flour,	1 teaspoon lard,
1 cup wheat flour,	1 teaspoon butter,
1¼ cups milk,	1 teaspoon salt,
1 tablespoon brown sugar,	2 heaping teaspoons baking powder.

Sift the sugar, salt and graham flour very thoroughly, and add baking powder well mixed with the flour; rub in the shortening, adding the milk gradually; stir well but quickly. Flour rolling-pin and board and roll dough thin enough to cover two medium-sized shallow pans. Bake a light brown in a hot oven. When done cut in squares.

SCOTCH CURRANT BANNOCK.

2 pounds raisins,	1 heaping cup lard and butter,
2 pounds currants,	1 cup yeast,
1 quart flour,	1 tablespoon caraway seed,
1 cup sugar,	1 teaspoon salt,
	1 tablespoon finely cut orange peel.

Clean seedless raisins and currants and leave in a colander over night to drain. Set a sponge in the evening as for two loaves of bread, using 1 cup yeast. In the morning when the sponge is very light, sift the flour into a large pan, and rub the shortening into it. Mix in sugar, caraway seed and orange peel, then add raisins and currants which must be perfectly dry. Stir all together thoroughly and knead like bread, adding more flour if necessary, and put back in the pan to rise. When light knead down and put into a large, round baking pan. After rising bake very carefully for 2 hours at least, and in some cases longer as ovens differ. If the top bakes too rapidly cover with a pie tin. The butter bannock for which Selkirk is noted is made by omitting the raisins, currants and orange peel.

BLUEBERRY CAKES.

2 cups blueberries,	1 egg,
3 cups flour,	1 tablespoon sugar,
1½ cups milk,	1 tablespoon butter,
1 teaspoon salt,	3 teaspoons baking powder.

Mix the salt, sugar, baking powder and flour together. Stir in milk and melted butter, then the well-beaten egg, and last the blueberries. Bake in cups or gem pans.

BREAKFAST CAKE—1.

1 quart flour,	1 tablespoon each lard and butter,
1½ cups milk,	1 teaspoon salt.

Rub the shortening and salt through the flour, with the hands; beat the eggs light, and add to them 1½ cups of milk; stir this into the flour. If not enough to make a stiff dough, add a little more milk; knead well with the hands 10 minutes, roll into cakes about half an inch thick and as large around as a pie plate; put on well-buttered pie plates, and bake in a quick oven. At table do not cut these cakes, but break them.

BREAKFAST CAKES—2.

1 scant quart flour,	2 eggs,
1 cup milk,	2 tablespoons sugar,
2 teaspoons baking powder,	2 tablespoons butter.

Mix and bake 20 minutes in a quick oven.

CINNAMON CAKE.

When yeast bread is ready to knead from the sponge, knead and roll out three-fourths of an inch thick, put thin slices of butter on the top, sprinkle with cinnamon, and then with sugar; let rise well and bake.

GERMAN COFFEE CAKE—1.

2 pints fresh milk,	$\frac{1}{2}$ cup yeast,
3 pints flour,	2 eggs,
1 cup sugar,	$\frac{1}{2}$ nutmeg,
1 small cup butter and lard,	$\frac{1}{2}$ teaspoon salt.

In the evening make the sponge of warm milk, yeast and flour. Set to rise in a warm place. In the morning add shortening, salt, sugar, eggs, nutmeg, and flour sufficient to knead as bread; have dough as soft as convenient for handling. Knead well for 15 minutes and set in warm place to rise. When light roll it out in sheets about 1 inch thick, let rise to double the thickness. Spread the top with rich, sweet cream, and sprinkle with sugar and ground cinnamon. It should bake from one-half to three-fourths of an hour. If the top browns before it is done, lay a buttered white paper over it. Raisins may be added if desired. This recipe has proved valuable for many years.

GERMAN COFFEE CAKE—2.

1 pint sweet milk,	$\frac{3}{4}$ cup yeast,
1 cup white sugar,	$\frac{3}{4}$ cup lard,
	$\frac{1}{2}$ grated nutmeg.

Stir up into a thick batter in the evening. Knead in the morning as bread, let rise and knead down again, then when light roll out into sheets $1\frac{1}{2}$ inches thick, place in dripping pans, and when very light spread on the top part of an egg beaten with a little milk, then sprinkle with cinnamon, sugar, and bits of butter. Bake.

ZIMMETKUCHE.

Bread dough,	Butter,
2 eggs,	Sugar.

Take a piece of dough, add eggs, butter and sugar; mix well with the dough, adding flour to stiffen it. It should not be as stiff as for bread. Set to rise in a small pan. When light, roll quite thin and lay in a pan, or on the tins used for cookies, and let rise again. When baked, brush with white of egg, sprinkle thickly with sugar and cinnamon, and return to the oven a few minutes. Or put butter, sugar and cinnamon on the cake until it forms a rich brown caramel half as thick as the cake.

CORN MEAL CAKE—1.

3 cups sour buttermilk,	2 eggs,
$\frac{1}{2}$ cup brown sugar,	$1\frac{1}{2}$ teaspoons soda,

Corn meal for thick batter.

Grease the tin, pour in the batter and bake in a moderate oven

CORN MEAL CAKE—2.

2 cups milk,	$\frac{1}{2}$ teaspoon salt.
2 cups Indian meal,	3 eggs,
$1\frac{1}{2}$ cups flour,	Butter size of egg.
$\frac{1}{8}$ cup sugar,	3 teaspoons baking powder.

Rub butter and sugar together, adding salt and the well-beaten eggs; sift the baking powder into the flour and meal, adding them and the milk alternately. Mix quickly and bake in a shallow pan in a quick oven. This is nice if baked in gem pans.

CORN MEAL CAKE—3.

1 tablespoon sugar,	1 pint meal,
1 tablespoon butter,	2 eggs.
2 teaspoons baking powder,	Salt.

Add to the meal, into which the baking powder has been sifted, salt, sugar, eggs and melted butter. Then add milk enough to make a thick batter. Pour the mixture into a well-greased shallow pan, and bake half an hour in a good oven.

SOFT CORN MEAL CAKE.

1 heaping pint corn meal,	2 eggs,
2 tablespoons lard,	$\frac{1}{2}$ teaspoon soda,
1 tablespoon sugar,	Boiling water,
1 teaspoon salt,	Buttermilk.

Beat eggs and sugar, add salt and melted lard, meal, soda and buttermilk to make a thick batter. After it is well mixed pour in boiling water till it is very thin. Bake in an earthen pan and serve hot.

HOE CAKE.

1 pint corn meal, ½ teaspoon salt,
 Water.

Pour enough boiling water over the meal to moisten it. Add salt and let stand 10 minutes. Then add boiling water until the batter will drop from the spoon. Bake in cakes on a hot griddle greased with fat salt pork. Serve hot with a piece of butter on the top of each cake. This was formerly a famous Southern dish.

COTTAGE CAKES.

1 cup sour cream, ¾ teaspoon soda,
 2 large cups flour, ⅝ teaspoon cream of tartar,
 ½ teaspoon salt, 1 egg.

Sift the soda, cream of tartar and salt into the flour; stir in the cream and the well-beaten egg. Drop into buttered pans and bake in a hot oven 20 minutes.

NEW ENGLAND JOHNNY CAKE—1.

2 cups milk, 1 heaping tablespoon butter,
 2 cups Indian meal, 1 teaspoon salt,
 1 cup flour, 3 eggs,
 ½ cup sugar, 3 teaspoons baking powder.

Rub butter and sugar together; add beaten yolks of eggs, and flour into which the baking powder has been sifted, then the milk, meal, and salt, and finally the stiffly-beaten whites of eggs. Mix quickly and bake in a shallow pan in a hot oven.

NEW ENGLAND JOHNNY CAKE—2.

1 cup Indian meal, 1 egg,
 1 cup flour, 1 teaspoon salt.
 1 cup sour milk, 1 teaspoon soda,
 ½ cup sour cream, 1 teaspoon cream of tartar,
1 tablespoon white sugar.

Sift salt and meal, also flour and cream of tartar together; add sugar, mix well. Dissolve soda in milk, beating 1 minute, add cream, and stir the ingredients together, beating 3 minutes. Lastly add the well-beaten egg. Bake in a shallow pan in a quick oven.

GOOD JOHNNY CAKE.

2 cups corn meal, 1 teaspoon salt,
 3 cups flour, 4 teaspoons baking powder,
 ½ cup sugar, 1 egg,
3 tablespoons melted butter.

Mix meal, flour, sugar and baking powder together; break an egg into a pint bowl of cold water; mix, add the meal and butter. Bake in a quick oven.

JOHNNY CAKE—1.

1 pint buttermilk,	3 eggs,
1 heaping teaspoon soda,	$\frac{1}{2}$ teaspoon salt,

White corn meal.

Make a thin batter and bake in a quick oven.

JOHNNY CAKE—2.

1 cup sour cream,	1 or 2 eggs,
1 cup Indian meal,	$\frac{1}{2}$ teaspoon salt,
$\frac{1}{2}$ cup flour,	3 tablespoons sugar,

1 small teaspoon soda.

Beat the egg and sugar, add salt and cream; if necessary sour or sweet milk can be used in place of cream. If milk is used add 2 tablespoons melted butter, stir in meal and flour rapidly, and bake 30 minutes in a quick oven. With sweet milk use $1\frac{1}{2}$ heaping teaspoons baking powder.

JOHNNY CAKE—3.

2 cups corn meal,	1 tablespoon cream,
1 cup flour,	1 tablespoon sugar,
2 cups sour milk,	1 tablespoon shortening,
1 egg,	1 teaspoon soda,

1 teaspoon salt.

Stir the sugar, cream and shortening together, and the egg, well beaten; add the milk, in which the soda, dissolved in a little hot water, has been stirred. If the milk is very sour more soda will be needed; add the meal, beating smooth, and stir in wheat flour to make it thick. Bake in a hot oven.

WHITE JOHNNY CAKE—4.

2 cups flour,	2 tablespoons butter,
1 cup white meal,	3 teaspoons baking powder,
$1\frac{1}{2}$ cups milk,	1 teaspoon salt,
$\frac{1}{2}$ cup sugar,	1 egg.

Mix rapidly, and bake in a quick oven.

CRACKERS.

2 quarts flour,	1 teaspoon soda,
1 cup butter,	1 teaspoon cream of tartar,
1 teaspoon salt,	Milk or water to mix.

Beat well and mix in more flour until brittle, roll quite thin and cut in squares, prick with a fork and bake in a quick oven.

EGG CRACKERS.

12 tablespoons sweet milk, 6 eggs,
6 tablespoons butter, $\frac{1}{2}$ teaspoon soda.
Mould with flour half an hour and roll thin.

FRENCH CRACKERS.

$1\frac{1}{2}$ pounds sugar, $\frac{3}{4}$ pound butter,
 $1\frac{1}{2}$ pounds flour, 5 eggs, whites,
Before cooking brush over with white of egg and dip in sugar.

EGG CRACKNELS.

1 quart flour, 1 teaspoon salt,
5 tablespoons sugar, 1 teaspoon baking powder,
4 tablespoons butter, 4 eggs.

Sift sugar, salt, baking powder and flour together; rub in the butter and add the eggs, well beaten. Flour the moulding board, put the dough on it, and knead rapidly a few minutes. Cover with a damp towel 15 minutes; roll out very thin, about one-eighth of an inch, and cut with a biscuit cutter. When all are cut out have ready a pot of boiling, and a large bowl of cold water. Put a few at a time into the boiling water. When they come to the surface and curl over at the edges, take them out with a skimmer and drop into the cold water. When all are done, lay on baking pans and bake them in a pretty hot oven 15 minutes. This is an old recipe.

CRACKNELS.

1 pint milk, 2 ounces butter,
1 tablespoon yeast.

Warm the milk and mix enough fine flour to make a light dough; roll thin and cut in long pieces, 2 inches broad. Prick well, and bake in a slow oven.

CRUMPETS—1.

3 cups raised dough, 3 eggs,
 $\frac{1}{2}$ cup butter, Milk.

With the hand work eggs and melted butter into the dough; add sufficient milk to leave it a thick batter; pour it into a buttered pan; let it remain half an hour. Then put the pan over the fire and heat it so as to scorch the flour. Bake half an hour.

CRUMPETS—2.

1 pint milk,	1 teaspoon salt,
1 cup yeast,	4 tablespoons butter,
3 cups of flour, or more.	

Scald milk, and while warm, add salt and flour; beat well and add the melted butter and yeast. After beating thoroughly, cover and set in a warm place to rise. In 2 hours, if very light, put into large, well-greased muffin rings placed on a hot griddle. Drop in the batter till the rings are half full. Bake brown on one side, then turn and brown the other. Take off, spread with butter and serve hot. If cold, these can be used by toasting on both sides, spreading with butter and serving hot.

ENGLISH CRUMPETS.

1 quart warm milk,	$\frac{1}{2}$ cup yeast,
$\frac{1}{2}$ cup butter,	Flour,
Salt.	

Make a batter, not very stiff, of the milk, salt, yeast, and flour. When light add the butter, melted, let stand 20 minutes, and bake in cups or muffin rings.

FROGS.

1 quart flour,	1 tablespoon butter,
Pinch of salt,	2 teaspoons baking powder.

Mix all together thoroughly, then add sufficient flour to make into a stiff batter. Drop with a spoon into a pan and bake in the oven.

GEMS AND MUFFINS.

Few know how necessary care is in the making and baking of gems, and that often the recipes which they find unreliable would prove very different if they were rightly used. The harder the batter is stirred the better. Put the gem pans on top of the stove and drop a little lard into the bottom of each to keep the gems from sticking. When the pans have become piping hot, fill each half full of batter while on the stove, then put them at once into a hot oven. Make a hotter fire for baking gems than for anything else. If the oven is right, the gems will rise until about three times as large as when put into the oven, and but a few minutes will be required for baking them. Everything should be about ready for the table, for, to be very nice, gems must be

served as soon as they are taken from the oven. These directions apply for muffins.

BANANA GEMS.

1 cup sugar,	$\frac{1}{4}$ cup water,
1 cup flour,	3 eggs,
1 teaspoon baking powder.	

Make batter and stir in 2 bananas sliced thin. Fill cups half full and steam an hour. Eat with thin cream.

CORN MEAL GEMS—1.

1 pint milk,	1 tablespoon sugar,
1 cup meal,	1 teaspoon salt,
$\frac{2}{8}$ cup flour,	3 teaspoons baking powder,
$\frac{1}{8}$ cup butter,	3 eggs.

Beat the butter first alone, then add the sugar and beat to a cream; add the eggs well beaten, milk, and flour with the baking powder, salt and meal, all sifted together twice. Bake in a hot oven half an hour, if in deep gem pans; or 25 minutes, if in shallow pans.

CORN MEAL GEMS—2.

1 cup Indian meal,	1 teaspoon soda,
1 cup flour,	1 teaspoon salt,
$\frac{1}{2}$ cup sugar,	1 tablespoon butter,
1 cup sour milk,	2 eggs.

Beat eggs and sugar together, and add butter and salt; then the milk with soda dissolved in it, and mix with flour and meal. Sweet milk and baking powder can be used, if desired. Beat hard for a few minutes, drop from the spoon into hot buttered gem pans, and bake in a hot oven from 15 to 20 minutes.

CORN MEAL GEMS—3.

1 pint buttermilk,	1 teaspoon salt,
$\frac{1}{2}$ cup flour,	1 teaspoon soda,
2 eggs,	Corn meal.

Make batter as stiff as it can be poured. Dissolve the soda in a little of the milk. Have the pans very hot, and fill them but half full. The gems will bake in 15 minutes.

CORN MEAL GEMS—4.

2 cups corn meal,	1 teaspoon soda,
2 cups flour,	1 teaspoon salt,
2 tablespoons sugar or molasses,	1 tablespoon butter.

Mix meal, flour and sugar with enough water to moisten and let stand over night. In the morning, stir thoroughly, and add the dissolved soda, salt and butter. Drop the mixture in hot gem irons, and bake in a hot oven.

GRAHAM GEMS—1.

1 cup sour milk,	1 teaspoon salt,
1 tablespoon butter,	$\frac{3}{8}$ teaspoon soda,
1 tablespoon sugar,	1 egg,
$\frac{3}{8}$ graham and $\frac{1}{8}$ white flour.	

Beat the sugar and egg, adding salt and melted butter, then the milk in which the soda has been dissolved, and make a batter stiff enough to drop, in a soft ball, from the spoon. Bake 20 minutes in a hot oven.

GRAHAM GEMS—2.

2 quarts buttermilk,	2 teaspoons soda,
1 tablespoon butter,	1 teaspoon salt,
1 tablespoon sugar,	2 eggs.

Use as much graham flour as is needed for a stiff batter. The harder it is beaten, the lighter will be the gems when done.

GRAHAM GEMS—3.

Make a stiff batter with 1 pint warm water, graham flour and 1 teaspoon salt. Fill the pans two-thirds full. Bake in a very hot oven.

GRAHAM GEMS—4.

$1\frac{1}{2}$ pints graham flour	$\frac{1}{2}$ teaspoon salt,
1 teaspoon sugar,	3 teaspoons baking powder,
1 teaspoon melted butter,	1 egg,

Sweet milk for batter.

Have the gem pans hot, fill them half full of the batter, and bake until nicely browned, but not sticky when broken open, in a very hot oven.

"ENTIRE WHEAT" FLOUR GEMS.

$1\frac{1}{4}$ cups sour milk,	1 teaspoon salt,
2 tablespoons sugar,	$\frac{3}{8}$ teaspoon soda,
$1\frac{3}{4}$ cups entire wheat flour,	1 egg.

Beat egg with sugar, add the melted butter, salt, the milk in which the soda has been dissolved, and the flour. Bake in hot gem pans, well greased. This can be varied by using 2 eggs and

less flour, also substituting sweet milk and baking powder for the sour milk and soda.

GEMS—1.

1 quart flour,	2 eggs,
$\frac{3}{4}$ pint milk,	1 teaspoon salt,
$\frac{1}{2}$ cup butter,	3 teaspoons baking powder.

Warm the butter in the milk, add the beaten eggs and salt, and last the flour into which the baking powder has been sifted; have irons quite hot and fill; bake in a hot oven.

GEMS—2.

1 cup milk,	1 tablespoon butter,
1 cup flour,	2 eggs,
1 teaspoon baking powder.	

Beat eggs, adding the melted butter; stir into the milk and mix with flour and baking powder.

OATMEAL GEMS.

1 pint oatmeal mush,	Salt,
2 tablespoons bread crumbs,	Pepper,
2 eggs.	

Beat eggs thoroughly, add salt and pepper and stir with the bread crumbs into the mush. Then put it into well-buttered gem pans, and bake until a nice brown. It can be baked in one pan if desired and served as it comes from the oven.

OATMEAL GEMS.

1 pint cold, cooked oatmeal,	1 egg,
1 pint hot milk,	2 teaspoons baking powder.

Rub the oatmeal in the hot milk until free from lumps, and add the well-beaten egg, and the baking powder sifted into some flour. Make a stiff batter and bake immediately.

RAISED OATMEAL GEMS.

1 quart flour,	$\frac{1}{2}$ cup yeast,
$1\frac{1}{2}$ cups milk,	1 tablespoon butter,
1 cup boiled oatmeal,	1 tablespoon sugar.
1 saltspoon salt.	

Let the oatmeal be warm, rub out any lumps in the hot milk. Add butter, sugar, and stir in the flour and milk gradually, adding the yeast last of all; beat for 8 minutes. Let rise over night, and in the morning warm the pans slightly, butter, fill about two-thirds full and let rise 1 hour. Bake well in a hot oven.

WHEATEN GEMS.

1 pint flour,	1 teaspoon baking powder,
1 cup milk,	1 teaspoon salt,
2 eggs,	2 tablespoons butter.

Mix baking powder and salt with the flour. Add to the well-beaten yolks of eggs the sweet milk or cream, the melted butter, and stir into the flour. Beat well, bake quickly and serve immediately.

GRAHAM MUFFINS.

2 cups graham flour,	$\frac{1}{2}$ cup yeast,
1 cup wheat flour,	1 teaspoon salt,
1 tablespoon molasses,	1 teaspoon soda,
1 tablespoon brown sugar,	2 eggs,
1 tablespoon melted butter,	$1\frac{1}{4}$ cups hot milk or water.

Sift soda and salt with the flour, add sugar, molasses, and melted butter. Stir in the yeast and milk. This should make a stiff sponge. Mix in the evening and let rise over night. In the morning, when pan and rings are buttered, fill rings three-fourths full and let the muffins rise nearly 1 hour. Then bake. This may be baked in gem pans.

HOMINY MUFFINS.

$3\frac{1}{2}$ pints flour,	$1\frac{1}{2}$ tablespoons butter,
1 pint warm milk,	$\frac{1}{8}$ cup sugar,
1 cup boiled hominy,	$\frac{3}{8}$ cup yeast,
	2 eggs.

If the hominy is cold stir until smooth in a little of the warm milk. Beat eggs and sugar together, stirring in the melted butter. Add milk and flour alternately, then the hominy and yeast, beating well for 5 minutes. Let rise over night. In the morning, butter pan and rings, fill the rings three-fourths full, let rise 1 hour, and bake 1 hour in a hot oven.

"ENTIRE WHEAT" FLOUR MUFFINS.

1 pint milk,	1 teaspoon salt,
3 cups flour,	$\frac{1}{2}$ cup yeast,
	3 eggs.

Make a batter of rich milk, yeast, and flour with the salt added. Set in a warm place to rise. When light, stir in the well-beaten eggs, and fill rings or gem pans half full. Let rise till very light, and bake. If the milk is not rich add 1 tablespoon melted butter.

MUFFINS—1.

1 pint boiling milk,	$\frac{1}{2}$ cup yeast,
$\frac{3}{8}$ cup sugar,	$\frac{1}{2}$ teaspoon salt,
$\frac{1}{2}$ cup butter,	1 egg.

Rub butter and sugar together, add salt and egg, stir the milk in slowly; when sufficiently cool add yeast and flour enough to make a stiff batter. Let rise over night, stir down in the morning and bake in muffin rings from 20 to 30 minutes.

MUFFINS—2.

1 pint milk,	2 eggs,
$\frac{1}{4}$ cup yeast,	1 saltspoon salt.

Use flour enough to make a stiff batter; let rise 4 or 5 hours and bake in muffin rings in a hot oven, for about 10 minutes. This recipe may be made with graham flour, by adding 2 table-spoons of molasses, and is excellent.

ENGLISH MUFFINS.

1 quart milk,	$\frac{1}{2}$ cup yeast,
$\frac{1}{2}$ cup butter,	1 teaspoon salt,
3 or 4 eggs.	

Warm the milk and put the ingredients into a large mixing bowl, with enough flour to make a stiff batter. Beat well, cover the mixture and set to rise over night. About half an hour before breakfast, grease iron and muffin rings, set the rings on the iron, and let them get hot. Beat up eggs and stir into the batter, carefully. Pour into the rings. Bake to a light brown on both sides, turning carefully. Never split a muffin with a knife while hot.

EXCELLENT MUFFINS.

7 cups flour,	1 tablespoon sugar,
1 cup yeast,	1 teaspoon salt,
$\frac{1}{2}$ cup butter,	2 eggs.

Mix the flour to a stiff batter with lukewarm milk, in which the butter has been melted, then add sugar, salt, yeast, and lastly the well-beaten eggs. Mix at 10 A. M., let rise until 3 P. M., put into the rings and when risen enough bake in a quick oven.

INDIAN MUFFINS—1.

1 pint Indian meal,	2 eggs,
1 pint flour,	1 teaspoon salt,
$\frac{1}{2}$ cup yeast,	Milk.

Pour as much boiling milk over the meal as will moisten it; beat the eggs well and add alternately with cold milk and flour, stirring in salt and yeast last. Let the batter be soft. As soon as light bake in rings or cups.

INDIAN MUFFINS—2.

1 quart corn meal,	1 tablespoon butter,
2 tablespoons yeast,	$\frac{1}{2}$ teaspoon salt.

Chop the butter into the meal, and pour over all boiling milk to form a stiff batter; cool; beat the eggs very light and add with salt and yeast. Let rise and bake as muffins or in gem pans.

RICE MUFFINS.

3 pints flour,	$\frac{3}{8}$ cup yeast,
1 pint warm milk,	1 tablespoon butter,
1 cup boiled rice,	1 tablespoon sugar,
2 eggs.	

If the rice is cold soften in a little of the milk. Rub the butter and sugar together, adding the well-beaten eggs, flour and the remainder of the milk alternately, lastly the rice and yeast, mixing well. Let rise over night. In the morning fill muffin rings two-thirds full and let rise 1 hour. Bake 30 minutes in a hot oven.

RYE MUFFINS.

$1\frac{1}{2}$ pints rye flour,	1 large tablespoon butter,
1 pint wheat flour,	2 tablespoons molasses,
$2\frac{1}{4}$ cups milk,	1 teaspoon sugar,
$\frac{3}{8}$ cup yeast,	1 teaspoon salt,
$\frac{1}{2}$ teaspoon soda.	

Mix with the rye and wheat flour the salt, sugar, melted butter, and molasses with the soda dissolved in it. Add the milk, stirring well, then the yeast, and beat well 5 minutes. Let rise all night, and in the morning fill the rings two-thirds full of the batter, and when light bake in a hot oven.

INDIAN PONE.

1 quart water,	1 teaspoon salt,
2 tablespoons butter,	Indian meal.

Put water over the fire, and when it boils stir in as much meal as will make a very thin batter. Let boil 10 minutes and beat constantly. Take off, pour it into a pan, add salt, butter, and enough meal to make it quite thick. Set away to rise; in the

morning make it out in small cakes, butter the tins and bake in a moderate oven. Or the more common way is to butter pans, fill them three-fourths full, and bake. This cake requires no yeast

VIRGINIA PONE.

1 quart milk,	1 teaspoon salt,
3 eggs,	1 tablespoon butter.

Make a thin batter, adding the well-beaten eggs just before pouring into pans. Bake in a moderate oven.

OAT CAKE.

$\frac{1}{2}$ pound oatmeal,	$\frac{1}{2}$ teaspoon salt,
4 tablespoons water.	

Mix all together. Roll as thin as possible from a stiff dough. Cut in rounds or squares and bake on ungreased tins. Prick with a fork and bake in a quick oven.

POP-OVERS.

These favorite breakfast and teacakes are made much the same way, except that some housewives prefer to beat the yolks and whites of the eggs separately; both methods may be tried, and the one chosen for future use which is preferred. The same precautions are taken in preparing the buttered cups and a proper oven heat, in avoiding the opening of the oven at first, and in baking the little cakes until their sides are brown. The general proportions are equal parts of flour and sweet milk, a saltspoon of salt and 1 egg to each cup of flour; the cups for baking are filled about one-third. One pint or two cups each of flour and milk will make two dozen pop-overs; the number one can eat is limited only by capacity.

BUCKEYE POP-OVERS.

2 cups sweet milk,	2 eggs,
2 cups flour,	1 tablespoon sugar,
1 tablespoon butter,	1 saltspoon salt.

Warm the butter in the milk, add salt and stir in the eggs and flour. Bake in very hot cups or gem pans 20 minutes in a quick oven.

POTATO CAKE.

1 cup mashed potato,	1 saltspoon salt,
1 cup sweet milk,	1 teaspoon baking powder.

Add flour to make a stiff batter. Butter the spider well and

when hot put in the cake and cover closely. Turn it once and serve as soon as done.

GRAHAM PUFFS.

1 quart milk,	1 teaspoon baking powder,
1 pint graham flour,	2 teaspoons salt,
1 pint wheat flour,	3 eggs.

Beat eggs well, add milk, and pour on to the flour, to which salt and baking powder have been added. Beat hard for 1 minute, pour into hot gem pans, and bake in a quick oven from 20 to 30 minutes.

PUFFS—1.

1 teacup milk,*	1 saltspoon salt,
$\frac{1}{2}$ teacup flour,	1 egg.

Mix flour and salt, and stir into the milk and egg. Pour batter into the gem pans and bake 30 minutes.

PUFFS—2.

1 pint milk,	1 tablespoon butter,
$\frac{1}{2}$ pint flour,	3 eggs,
	1 saltspoon salt.

Beat eggs thoroughly, add the salt and melted butter and stir in the flour and milk. Have gem pans or stone cups very hot, and bake in a quick oven 20 or 25 minutes.

RAISED PUFFS.

If the wheat bread is light enough for the oven at breakfast time, have ready some hot lard in a deep kettle; with the thumb and two fingers pull out some of the dough quite thin, and cut it some 2 or 3 inches in length; as these pieces are cut, drop them in the lard and fry like doughnuts. To be eaten like biscuit or serve in a vegetable dish with a dressing of hot cream seasoned with pepper and salt.

BOSTON RICE CAKES.

1 cup hot rice,	3 eggs,
1 tablespoon butter,	Salt to taste,
	4 tablespoons flour.

Boil a cup of rice, and while hot stir into it butter and salt. Beat the whites and yolks of eggs separately, and stir them into the rice. Thicken with flour, and bake in muffin rings or on a delicately greased griddle.

SALLY LUNN—1.

1 pint milk,	1 teaspoon sugar,
1½ pints flour,	1 teaspoon salt,
4 tablespoons butter,	3 eggs,
½ cup yeast.	

Scald the milk, add the butter and let cool. When lukewarm, add salt, sugar, yeast and flour. Beat well, cover and set in a warm place to rise until very light, which will be 2 hours in summer, but longer in winter. Beat the yolks and whites of eggs separately, add them to the batter, and stir lightly. Let rise for 15 minutes. Put in a pan and bake in a moderate oven 40 minutes. Serve hot.

SALLY LUNN—2.

2 cups flour,	1 tablespoon butter,
1 cup milk,	2 tablespoons sugar,
½ teaspoon salt,	1 egg,
2 teaspoons baking powder.	

Sift salt and baking powder into the flour, stir in the milk, add the melted butter, and the eggs, well beaten. Bake 20 or 30 minutes in a quick oven.

SNOW CAKES.

1 pint milk,	1 tablespoon butter,
1½ pints flour,	2 teaspoons sugar,
1 saltspoon salt,	4 eggs, whites,
3 teaspoons baking powder.	

Rub butter and sugar together, adding the stiffly beaten whites. Mix well, and stir in flour to which the baking powder and salt have been added, alternately with the milk. Have gem pans very hot, fill two-thirds full and bake 25 minutes in a hot oven.

WAFFLES.

Much of the art of making good waffles depends on the evenness of the baking. In selecting a waffle iron, choose one with four compartments and as simple as possible. Grease the waffle irons thoroughly, having them well heated, turn in the batter—it is convenient to have it in a pitcher—close and place over the fire. When the edges are set, turn and bake on the other side. When baked, lay in a double row on a plate, butter well, and serve immediately. A sauce of sugar and cinnamon may be served if desired

WAFFLES.

1 pint milk,	1 saltspoon salt,
$\frac{1}{2}$ cup butter,	3 eggs.

Melt the butter in the milk, and when cool, add the well-beaten yolks and salt, stirring in the flour gradually. Beat well and add the stiff whites. The batter should not be beaten after the whites are in. Bake immediately.

CORN MEAL WAFFLES.

1 pint sour milk,	1 teaspoon butter,
1 cup corn meal,	1 teaspoon soda,
2 eggs.	

Scald the meal; while hot add lard or butter, then the other ingredients, and flour enough to make a not too stiff batter. Bake over a very hot fire.

QUICK WAFFLES.

2 pints milk,	1 teaspoon salt,
1 cup melted butter,	6 eggs,
4 teaspoons baking powder.	

Make a soft batter of the milk, butter, and flour with the salt added, add the well-beaten yolks, then the whites, and, just before baking, the baking powder. These are good with fewer eggs.

PLAIN WAFFLES.

$1\frac{1}{2}$ pints cold milk.	1 saltspoon salt,
$1\frac{1}{2}$ pints flour,	3 teaspoons baking powder,
4 teaspoons butter,	3 eggs.

Melt the butter in the milk, put salt and baking powder into the flour, mix all well together; add last of all the eggs, very thoroughly beaten. This recipe can be used for rice or hominy waffles by adding 1 cup of either boiled rice or hominy. Remember in the case of muffins and waffles, as well as bread and rolls, that if moist flour is used, more must be added to the amount named.

RAISED WAFFLES.

1 pint milk,	1 teaspoon salt,
2 tablespoons butter,	$\frac{1}{2}$ cup yeast.

Warm the milk and butter together; beat the eggs and add them alternately with the flour; stir in the yeast and salt. When risen, heat the irons and butter them, pour in some of the batter and brown on both sides. Butter and serve with or without sugar and cinnamon.

RICE WAFFLES—1.

1 quart flour,	1 tablespoon sugar,
2½ cups milk,	1 tablespoon butter,
1 cup boiled rice,	1 teaspoon salt,
½ cup yeast,	2 eggs.

Melt the butter in the milk, add 1 egg, well beaten, with sugar and salt. Mix the rice very thoroughly, and stir in the flour and yeast. Beat well and let rise over night, or if set in the morning, all day. Add 1 egg, well beaten, before baking.

RICE WAFFLES—2.

1½ pints boiled rice,	1 teaspoon salt,
1½ pints flour,	1 tablespoon butter,
1 cup sour milk,	1 teaspoon soda,
3 eggs.	

Beat eggs and sugar together, adding the melted butter, and rubbing in the rice and salt. Stir soda into the milk, and add with the flour. Mix well and bake immediately.

CRULLERS AND DOUGHNUTS.

Directions for boiling fat.—Put into a rather deep kettle 2 or 3 pounds lard or beef suet, prepared for boiling. The article to be cooked must be completely covered. Test the heat of the fat. When it simmers, throw in a bit of bread; if it browns directly, the fat is hot enough; if it burns set the kettle on the back of the stove. Should there be danger of burning while cooking, drop into the fat a piece of raw potato. Doughnuts, like fritters, should cook in 8 minutes. If the bit of dough used to test the heat is slow in rising to the surface, wait till the heat has increased. Make the dough as soft as can be handled. When done, drain well in a skimmer and place in a colander, or lay for a moment on a piece of soft, thick paper. The use of eggs prevents the dough from absorbing fat. Doughnuts should be watched closely while frying. After using the fat cut a potato in slices and put in the fat to clarify it, place the kettle away until the fat settles, strain into an earthen jar kept for this purpose, and set in a cool place. Fry in an iron kettle, the common skillet being too shallow for the purpose. Crullers are better the day after they are made. If lard is not fresh and sweet, slice a raw potato, and fry before putting in the cakes.

PREPARED SUET.

Use only beef suet, which is quite cheap, cleanly and healthy. Buy nice, whole, clean leaves, and cut them in small pieces, put into a pot, which will hold ten pounds, add a pint of water, and after the first hour stir frequently; it takes about three hours with a good heat to render it. Drain through a coarse towel, and if the suet is good it will require but little squeezing, and leave but little scrap or cracklings. Put to cool in pans or jars. It is cheaper and more wholesome than lard. Save also all the fat from beef, both raw or cooked. Put in a frying pan with just enough water to keep from burning. Cook over a slow fire till all is melted. After a few minutes add a few slices of potato, let stand 5 minutes, take off the fire to settle, and strain it into jars. Fat prepared in this way will keep a long time, if covered closely after using from it.

CRULLERS—1.

5 tablespoons melted lard,	1 teaspoon cinnamon,
4 tablespoons sugar,	3 eggs

Powdered sugar.

Beat the eggs with sugar and cinnamon; add the lard, and flour enough to roll out one-half inch thick. Use as little as possible in preparing for boiling. Cut them in any shape desired. Drop carefully into the lard, turn them when ready, and as soon as cooked lay on brown paper. When dry, powder with sugar. These are very nice if not made too stiff.

CRULLERS—2.

1 cup sugar,	4 eggs,
$\frac{3}{4}$ cup butter,	Flour.

Rub butter and sugar together, add the well-beaten eggs, and flour; make very soft, and roll out one-half thick. Make into any fancy shape. Boil in the hot fat, and when dry sift powdered sugar over them.

CRULLERS—3.

2 tablespoons sugar,	Pinch of soda,
2 tablespoons cream or butter,	Pinch of salt,
2 eggs.	

Mix cream or butter and sugar, add salt, the well-beaten eggs and soda, flavor to taste, and stir in sufficient flour to roll out one-

half inch thick on the board. Use as little flour in handling as possible, and fry immediately.

CREAM DOUGHNUTS.

1 cup sour cream,	1 teaspoon salt,
1 cup sugar,	1 teaspoon soda,
2 eggs.	

Beat sugar and eggs together, add cream and soda, salt, any spice desired, and flour enough to roll out. Cut in circles with a double cutter, and drop into the boiling lard.

COMMON DOUGHNUTS.

1 cup sugar,	2 tablespoons lard and butter,
1 cup milk,	2 teaspoons baking powder,
1 saltspoon salt,	2 eggs,
Nutmeg or cinnamon to-taste.	

Rub butter and sugar together, add milk, salt, spice, the eggs, well beaten, and just enough flour to roll out one-half inch thick. Cut in circles, or long pieces to twist and fry in boiling lard.

DOUGHNUTS.

2 cups sugar,	1 tablespoon butter,
1 cup sweet milk,	1 teaspoon salt,
6 cups flour,	1 teaspoon cinnamon.
3 eggs,	3 teaspoons baking powder.

Beat eggs, sugar and butter together; add milk, spices and flour; make sufficiently stiff to roll out one-fourth inch in thickness; cut in squares, make 3 long incisions in each square, lift up by taking alternate strips between the finger and thumb, and drop into hot lard.

PIECRUST DOUGHNUTS.

1 teacup sour dough,	3 eggs,
$\frac{3}{4}$ cup sugar,	1 saltspoon salt,
$\frac{1}{2}$ teaspoon soda,	$\frac{1}{4}$ nutmeg,

Flour to make stiff dough.

The sour dough used for wetting is prepared as follows: Save the bits of pie crust left from baking, add just enough sweet milk to cover, and put in a warm place to become sour. When the doughnuts are mixed, rolled and cut out, let them lie on the board until they begin to rise, then fry in boiling lard. The dough must be as soft as can be easily handled.

NEW ENGLAND RAISED DOUGHNUTS.

1 cup milk,	4 tablespoons butter,
$\frac{3}{8}$ cup sugar,	1 teaspoon salt,
$\frac{1}{2}$ cup yeast,	2 eggs,
1 teaspoon cinnamon.	

Beat eggs and sugar together, add to the milk in which the butter has been warmed; stir in when cool, the yeast, salt, cinnamon, and sufficient flour to make a dough just stiff enough to be kneaded into a soft mass. Butter an earthen crock; cover and set in a cool place to rise 24 hours. Turn out on a well-floured board, handle as little as possible; roll out one-half inch thick. Cut into rings or twists—the twist seems nicer in cooking. Drop into the boiling lard. When cooked they should be like a puff with none of the bread consistency to them. Very nice.

RAISED DOUGHNUTS—1.

1 pint milk,	1 small cup butter and lard,
1 large boiled potato,	$\frac{1}{2}$ teaspoon salt,
1 cup yeast,	1 teaspoon cinnamon,
5 cups flour,	3 eggs,
2 cups white sugar,	Pinch of soda.

Add to the smoothly mashed potato, the milk, salt, yeast and flour, and let rise over night. In the morning stir in the sugar, lard and butter, the beaten eggs, cinnamon and soda, with flour so that the spoon will stand almost alone, and let rise till light. Roll out half an inch thick, let stand 15 minutes to rise after cutting out. Twist, or cut in squares. Boil like fritters, and break one open to be sure all are fully done. A very nice variation of this recipe may be made as follows: Roll part of the dough about half an inch thick, cut into small biscuit, let rise, and when light, roll down a little, lay a few raisins rolled in cinnamon in the center, wet the edges by dipping the finger in cold water and passing it over them, draw together and press firmly, and drop the cakes in the hot fat. A teaspoon of apple butter or any kind of jam may be used instead of the raisins. When made with the raisins, they are the real German "Olly Koeks."

RAISED DOUGHNUTS—2.

3 pints bread sponge,	1 cup sugar,
3 eggs,	$\frac{1}{8}$ cup butter.

Mix with the hand as soft as possible; let rise. Mould again; have the breadboard floured, put the dough on it, roll half an inch thick and cut out. Let them rise half an hour. Fry in moderately hot lard.

BERLIN PANCAKES.

Roll out dough slightly sweetened and shortened, as if for very plain doughnuts; cut in circles like biscuit, put a teaspoon of currant jam or jelly on the center of one, lay another upon it, press the edges tightly together with the fingers, and fry quickly in boiling fat. They will be perfect globes when done, a little smaller than oranges.

TRIFLES.

1 quart flour,	2 tablespoons melted butter,
1 cup sugar,	1 teaspoon salt,
1 egg,	2 teaspoons baking powder.

Mix these ingredients, adding milk sufficient to make a rather stiff batter; roll out in thin sheets, cut in pieces about 2 by 4 inches; make as many cuts across the short way as possible, inserting the knife near one edge and ending the cut just before reaching the other. Pass 2 knitting needles under every other strip, spread the needles as far apart as possible, and with them hold the trifles in the fat until a light brown. Only one can be fried at a time.

FRITTERS.

Make fritters quickly and beat thoroughly. A good rule for them is two eggs, one-half pint milk, one teaspoon salt, and two cups flour; have the lard in which to cook them nice, sweet, hot, and at least $2\frac{1}{2}$ inches deep; more will be necessary if a large amount are to be fried. Clarified fat boils at about five hundred degrees—more than double the heat of boiling water—and fat actually boiling will burn to a cinder any thing that is dropped into it. The proper cooking heat is three hundred and seventy-five degrees, and is indicated by a blue smoke arising from the surface of the fat. When this point is reached, the fat may be held at that degree of heat, and prevented from burning by dropping into it a peeled potato or a piece of hard bread, which furnishes something for the fat to act on. The heat may also be

tested by dropping in a teaspoon of the batter; if the temperature is right it will quickly rise in a light ball with a splutter, and soon brown; take up carefully the moment they are done, with a wire spoon; drain in a hot colander, and sift powdered sugar over them; serve hot. Pork fritters are made by dipping thin bits of breakfast bacon or fat pork in the batter; fruit fritters by chopping any kind of fresh or canned fruit fine and mixing it with batter, or by dipping quarters or halves in batter. The fruit may be improved in flavor by sprinkling sugar and grated lemon peel over it, and allowing it to remain two or three hours, after which drain and dip as above. Batter for fritters should be made an hour before using, as the grains of flour swell by standing after being moistened, and thus become lighter. Add the whites of eggs just before frying. It is better not to use sugar in batter, as it tends to make it heavy. Sprinkle over them in the dish when just ready to serve. Do not attempt to make fritters unless there is plenty of time. It will take 30 minutes to fry enough for a small family, and they require very careful watching. Put in only a few fritters at a time; turn when brown. They should be done in 8 minutes.

APPLE FRITTERS.

1 cup lukewarm milk,	1 saltspoon salt,
2 cups flour,	1 tablespoon sugar,
2 eggs,	1 large teaspoon baking powder.

Add the milk slowly to the beaten yolks and sugar, then the flour and whites of eggs; stir all together, and throw in thin slices of good sour apples, dipping the batter up over them; drop in boiling lard in large spoonfuls with a piece of apple in each, and fry to a light brown. Serve with maple syrup or a nice syrup made of sugar. This batter is nice for orange and banana fritters. Peel and divide oranges into sections. Peel and slice bananas. Cover each piece of fruit with the batter and drop into the boiling lard.

PLAIN BATTER FRITTERS.

1 pint milk,	3 eggs,
1 pint flour,	1 teaspoon baking powder,
Pinch of salt,	Any flavor.

Beat whites and yolks of eggs separately; put salt and baking

powder into the flour; stir the yolks and milk into the flour, adding the whites last. Drop by the teaspoon into deep boiling lard. When brown remove with a skimmer and place on brown paper in the open oven. Sift over them powdered sugar before serving or eat with sauce. The baking powder may be omitted, if desired.

BELL FRITTERS.

1 pint boiling water,	6 eggs,
1 pint flour,	3 tablespoons butter.

Boil butter in the water, pour instantly over the flour and mix smooth. While still hot add the eggs, one at a time, beating each by itself. Stir fast to prevent curdling. Beat hard. Boil in hot lard and serve as plain fritters.

CLAM FRITTERS.

$\frac{1}{2}$ pint clam juice,	Salt,
$\frac{1}{2}$ pint sweet milk,	Flour,
4 eggs to each pint liquid.	

Beat yolks and whites of the eggs separately; stir yolks, salt and liquid together, add whites and flour sufficient to stiffen, and the finely chopped clams, raw. Fry like other fritters.

CORN FRITTERS.

6 ears corn,	2 tablespoons flour,
1 egg,	$\frac{1}{2}$ teaspoon baking powder,
Salt and pepper.	

Cut each row of grains with a sharp knife and scrape out the pulp. Add salt and pepper to taste; stir in the well-beaten egg, and the baking powder with flour sufficient to make a stiff batter. One-half cup milk can be added to the batter. In that case an extra half teaspoon baking powder must be added to the larger amount of flour needed. These should be puffs when done.

CORN OYSTER FRITTERS.

12 ears grated corn,	1 teaspoon salt,
1 cup milk,	Dash of pepper,
1 cup flour,	$\frac{1}{2}$ teaspoon baking powder,
$\frac{3}{8}$ cup melted butter,	2 eggs,

Mix well and drop by spoonfuls into boiling lard. Each fritter should be the size of a large oyster.

CANNED CORN FRITTERS.

1 pound canned corn,	1 teaspoon salt,
1 cup sweet milk,	2 eggs,
3 teaspoons baking powder.	

Beat eggs thoroughly, stir all the ingredients together, adding enough flour to make a stiff batter. Fry like other fritters. Serve without a sauce.

CREAM FRITTERS.

1½ pints flour,	6 eggs,
1 pint milk,	2 teaspoons salt,
1 pint cream,	Nutmeg.

Beat whites and yolks of the eggs separately, add yolks to the milk, then the flour, salt, the whites, and lastly the cream. Stir the whole enough to mix the cream; fry in small cakes.

FRUIT FRITTERS.

1 cup flour,	1 tablespoon melted butter,
1 cup fruit juice or milk,	2 eggs,
Pinch of salt.	

Beat whites and yolks of the eggs separately; mix yolks with the flour and salt, stirring in milk and butter till a smooth batter the consistency of thick cream is formed. Then add the stiffly-beaten whites. Dip fruit in this and boil in lard. Apples should be about half cooked before using, otherwise they will be but partially cooked when the fritter is done.

HOMINY FRITTERS.

1 cup boiled hominy,	2 eggs,
1 cup flour,	1 saltspoon salt,
½ cup milk,	1 teaspoon baking powder.

Beat eggs and salt, add the hominy and milk well mixed, and the flour into which the baking powder has been sifted. Drop in spoonfuls into hot lard, and fry to a rich brown. Serve with lemon sauce.

LEMON FRITTERS.

½ pound flour,	¼ pound eggs,
¼ pound sugar,	8 tablespoons milk,
Juice and ½ grated peel of a lemon.	

Beat well the yolks of the eggs, add the flour and milk; beat whites stiff with the sugar, lemon juice and some of the yellow peel grated off, or extract of lemon. Beat the whites well into

the batter and proceed to cook. Have plenty of good lard, heated slowly; just as it begins to smoke, after bubbling, drop in by spoonfuls enough fritters to fill the vessel without crowding. The cold batter will lower the temperature of the fat sufficiently to keep it at proper cooking heat. The fritters will begin to brown very quickly, and should be turned with a wire spoon. If they begin to color dark brown, check the heat immediately. If these directions are followed accurately, they may be lifted from the fat and laid upon a napkin or folded paper comparatively free from grease. Fritters bear a bad reputation, but when properly made, and eaten occasionally for a change, are quite as wholesome as many of the dishes recommended as food for dyspeptics.

ORANGE FRITTERS.

1 cup flour,	1 tablespoon oil or melted butter,
1 egg,	½ teaspoon salt,
½ cup water,	Valencia oranges.

It is better to prepare the batter, except the whites of the eggs, on the morning before the day the fritters are to be made. Put the flour into a bowl, add the beaten yolk of the egg, salt, and oil or butter, with water enough to make a rather thick fritter batter. This part of the batter French cooks think improved by standing two or three days. Just before using, add the white of 1 egg, beaten as stiff as possible. Then cut the oranges across in circles; remove the yellow peel and the seeds from each, but do not take the pulp from the inner skin; leave the orange circles together in a dish. Coat each slice of orange completely in the batter, and plunge it at once in boiling fat. As soon as the fritters are browned well lift them out of the fat, with a wire spoon, to drain. Lay them for a moment on coarse brown paper, such as bakers use, to absorb the fat on the outside of the fritter. Dredge them with powdered sugar, and serve at once, with a little cut lemon and powdered sugar.

ORANGE, PEACH OR PINEAPPLE FRITTERS.

2 cups flour,	2 tablespoons butter,
1 cup lukewarm water,	½ teaspoon salt,
	2 eggs.

Melt butter, add to the water with salt and the well-beaten

yolks; stir in the flour, and just before using add the whites beaten stiff. Peel and quarter small, sweet oranges and lay in sweetened cream, add a little grated orange peel to the batter before frying. Peaches should be pared, pitted, and halved before putting into the cream. Pare the pineapple, pick in large pieces from the core and drop into the cream. The fruit should lie in the cream 1 hour before putting into the batter preparatory to frying. Cover the pieces of fruit with the batter and drop into boiling hot lard. Fry till delicately browned. Take up on coarse brown paper, lay off on a platter, sift powdered sugar over them and serve at once.

OYSTER FRITTERS—1.

Make batter as for Plain Fritters and use the oyster liquor instead of milk. Omit the salt. Dip oysters in the batter, and boil in lard, serving at once. Lay slices of lemon on them as served.

OYSTER FRITTERS—2.

Make batter as in No. 1, but chop oysters and mix in batter instead of frying whole. Less flour will be needed in the batter, for it must be quite thin. Cook and serve as in No. 1.

PARSNIP FRITTERS.

Scrape and lay in cold salted water half an hour. Put in salted boiling water, and cook till tender. Allow from 30 to 45 minutes for young parsnips, and from 15 to 30 minutes longer if old ones. If old, peel and split before boiling. When cooked cut in finger strips, dip in batter, the Plain Batter recipe is good, and fry till well puffed and brown in very hot and deep lard. The batter should be stiff enough to hold its shape when dropped from the spoon.

PEACH FRITTERS.

If fresh, peel, stone, and halve the peaches. Spread sugar over them and grated lemon peel if liked. Set away 2 hours in a covered dish. Make batter for Fruit Fritters, using the juice or syrup from the canned peaches in place of milk. Dip the peaches singly in the batter. Cover well and fry in the boiling fat. When a fine brown take out with a wire spoon and place on brown paper in

the open oven. Serve with powdered sugar, or a fruit sauce. Either fresh or canned peaches may be used.

PINEAPPLE FRITTERS.

Pick or grate fresh pineapple. Spread over with sugar and set away 2 hours. Take juice of this, or syrup of canned pineapple for the liquid used in making the batter for Fruit Fritters. Stir pineapple into the batter and fry in boiling lard. Serve with a fruit sauce made of sugar, raisins, and sliced bananas.

POTATO FRITTERS.

2 cups mashed potatoes,	$\frac{1}{2}$ teaspoon salt,
$\frac{1}{4}$ cup flour,	2 eggs,
4 tablespoons butter,	$\frac{1}{2}$ pint milk.

Melt butter and mix with potato; stir all the ingredients together, adding whites of the eggs last. Have a stiff batter. Drop very carefully into the lard so the batter will not break in falling.

QUEEN'S FRITTERS.

1 cup hot water,	1 tablespoon sugar,
$\frac{1}{2}$ cup butter,	1 slice of lemon,
1 cup flour,	3 eggs.

Boil butter in hot water with sugar and lemon. After boiling a few minutes, skim out the rind and be sure that there is a cup of water left; if less than that, add sufficient to make it up, and while boiling, beat in the flour. Stir until smooth; take off the stove and when cool stir in the eggs, one at a time, without beating. Drop the batter from a spoon into boiling lard. Fry to a nice brown. These will puff up beautifully, and are delicious with maple syrup.

RICE FRITTERS—1.

2 cups boiled rice,	4 tablespoons milk,
1 saltspoon salt,	2 tablespoons flour,
	3 eggs.

Beat yolks of the eggs well, add the milk, stir in the flour smoothly, and add all to the rice, stirring it in well. Beat whites to a stiff froth and add last. Dip the batter up in spoonfuls and drop into hot lard. Brown well on both sides, take up with a wire spoon, and lay on brown paper or a wire sieve, for a moment, to drain off the fat. Serve hot, with sugar or syrup.

RICE FRITTERS—2.

2 cups milk,	2 tablespoons butter,
2 cups boiled rice,	2 tablespoons sugar,
2 eggs,	1 teaspoon baking powder.

Mix the ingredients together, adding whites of eggs last, enough flour being used to make a stiff batter. Drop from a spoon into boiling lard and fry a nice brown.

RICE FRITTERS—3.

1 cup boiled rice,	2 teaspoons butter,
1 cup flour,	$\frac{1}{2}$ saltspoon soda,
1 cup milk,	$\frac{1}{2}$ grated lemon peel,
$\frac{1}{8}$ cup Zante currants,	3 eggs,
$\frac{1}{2}$ cup sugar,	Grated nutmeg.

Mix, adding sugar to the flour and stirring in lemon peel, currants, and a little nutmeg just before boiling.

ALABAMA RICE FRITTERS.

1 pint milk,	1 quart flour,
1 cup boiled rice,	4 eggs,
3 teaspoons baking powder.	

Make into a batter; drop by spoonfuls into boiling lard, and serve with the following

Sauce:

1 pound sugar,	$1\frac{1}{2}$ cups water,
Stick of cinnamon.	

Boil until clear. Serve.

SQUASH FRITTERS.

$1\frac{1}{2}$ cups milk,	$\frac{1}{2}$ teaspoon salt,
$1\frac{1}{2}$ cups winter squash,	$\frac{1}{2}$ saltspoon soda,
1 egg,	Flour for thick batter.

Mix as previously directed, add the smoothly mashed squash, just before the whites. Beat the mixture till very smooth. Fry as for other fritters. These are very nice.

VANITIES.

2 eggs,	Pinch of salt,
$\frac{1}{2}$ teaspoon rose-water.	

Beat eggs, stir in salt and rose-water, add sifted flour till just thick enough to roll out, cut with a cake-cutter, and fry quickly in hot lard. Sift powdered sugar on them while hot, and when cool put a teaspoon of jelly in the center of each one. Nice for tea or dessert.

CORN OYSTERS—1.

1 quart grated corn,	3 eggs,
3 grated crackers,	Pepper and salt.

To the corn add the eggs and crackers, beat well and season with pepper and salt; have ready in skillet butter and lard or beef drippings in equal proportions, hot but not scorching; drop in little cakes about the size of an oyster, for this purpose using a teaspoon; when brown turn and fry on the other side, watching constantly for fear of burning. If the fat is just the right heat, the oysters will be light and delicious, but if not, heavy and soggy. Serve hot and keep dish well covered. It is better to beat whites of eggs to a stiff froth and add just before frying.

CORN OYSTERS—2.

1 pint grated corn,	2 eggs,
$\frac{1}{2}$ cup cream,	Pepper and salt,
$\frac{1}{2}$ cup flour,	$\frac{1}{2}$ teaspoon baking powder.

Stir cream into corn, add baking powder and flour with salt and pepper to taste; last the well-beaten eggs. Fry in butter, dropping the batter in spoonfuls. Serve very hot with meats.

GRIDDLE-CAKES.

Use, if possible, a soapstone griddle. Though more expensive than iron, it is nicer, as it requires no greasing. If an iron griddle is used, grease with a piece of fat salt pork on the end of a fork. Have the griddle hot before beginning to fry cakes. Beat griddle-cakes thoroughly to ensure their perfection. Separate the eggs, whipping the yolks to a thick cream, and adding the whites beaten to a stiff froth just before baking. Try a little of the batter first, to be sure it is all right, and the griddle of the required heat. Allow one tablespoon of batter to each cake. Buckwheat batter may be poured from a cup, or dip out carefully with a large spoon, placing it when emptied in a saucer. If the cakes are doughy inside, the griddle is too hot; if dry and tough, it is not hot enough. Buckwheat cakes must be light, thick and spongy. Many prefer to bake them without stirring after the batter has risen. Never turn griddle-cakes the second time while baking. When done lay in a pile on a hot plate.

BATTER CAKES.

3 cups sour milk,	3 tablespoons butter,
3 cups flour,	2 level teaspoons soda,
3 eggs,	1 teaspoon salt.

Beat yolks of the eggs, add salt and melted butter, milk, and the flour into which the soda has been sifted, and the whites just before baking. Sweet milk can be used with 3 teaspoons baking powder. This makes three dozen cakes. Less eggs and more flour can be used if desired.

BATTER CAKES WITHOUT MILK.

Mix either flour or cornmeal with warm water until of the consistency of cream, then put in a warm place where it will sour. Add bread crumbs from time to time, also dough left from cooking, bits of butter, and once in a while a little yeast. In the morning take as much as is needed for breakfast cakes, add salt, soda and enough flour to make the batter thicker than when eggs are used. These cakes are very nice.

BUCKWHEAT CAKES.

Buckwheat flour, when properly ground, is perfectly free from grits. The grain should be run through the smutter with a strong blast before grinding, and the greatest care taken through the whole process. Adulteration with rye or corn cheapens the flour, but injures the quality. The pure buckwheat is best, and is unsurpassed for griddle cakes, but as some do not like the simple flavor of the buckwheat a variety of recipes will be given.

BUCKWHEAT BATTER.

1 pint warm sweet milk,	1 cup yeast,
1 pint warm water,	2 teaspoons salt,
5 cups buckwheat flour.	

Put one-half the liquid in a stone crock, add buckwheat flour and beat well till smooth; add the remainder of the milk and water, and lastly the yeast. Or use the same ingredients and proportions, adding 2 tablespoons molasses or sugar. Water may be used instead of milk and water.

BUCKWHEAT CAKES—1.

2 quarts buckwheat flour,	$\frac{1}{2}$ cup yeast,
1 quart corn meal,	1 teaspoon salt,
1 cup graham flour,	Lukewarm water,

Little soda.

Stir the salt into the flour and meal; make a pretty stiff batter with water, adding yeast and set to rise in a warm place over night. If too thick in the morning, add carefully a little warm water, stir well and let stand a few minutes before baking. A small quantity of soda will do away with any sourness. Bake on a hot griddle well greased. Buckwheat cakes should always be eaten piping hot. Do not try to eat them singly, but always in layers of four, at least, with butter between each. Over the top spread maple syrup. When this is cut it will be light, soft and hot, the syrup and butter will have melted into the cakes, and the whole will melt in the mouth, a delicious morsel.

BUCKWHEAT CAKES—2.

1 quart boiling water,	$\frac{1}{4}$ cup wheat flour,
$1\frac{1}{2}$ pints buckwheat flour,	$\frac{1}{2}$ cup yeast,
$\frac{1}{2}$ cup corn meal,	1 teaspoon salt.

Wet the corn meal with a little cold water about noon and stir it into boiling water. Boil till it forms a thin gruel. When cool add the other ingredients. Beat thoroughly and set to rise in a warm place. At night, beat well again, and let rise in a cool place till morning. Before baking add one-half teaspoon soda; a little water may be needed if the batter seems very thick. Let the griddle be moderately hot.

EXCELLENT BUCKWHEAT CAKES.

3 pints buckwheat flour,	3 tablespoons wheat flour,
3 cups warm fresh milk,	1 teaspoon salt,
$1\frac{1}{2}$ cups warm water,	2 cups yeast.

Set in the evening for breakfast. Mix the salt, yeast and flours together; add the warm milk and water. Beat together thoroughly. Cover and let rise over night. The top should be full of bubbles when risen, and the cakes must be light and spongy. Do not heat the griddle very hot, for the batter being thick the cakes will not cook quickly in the middle. If batter is sour, add a little soda; if too thick, a little warm water.

BUTTERMILK GRIDDLE-CAKES.

1 quart buttermilk,	2 teaspoons salt,
2 teaspoons soda,	1 egg,

Flour for thin batter.

Beat the egg and salt, mix with the buttermilk and flour, and

add the soda dissolved in hot water just before frying. Sufficient for a family of six.

CORN MEAL CAKES—1.

1 pint corn meal,	1 teaspoon soda,
1 pint buttermilk,	1 teaspoon salt,
1 egg.	

Sour milk can be used in place of the buttermilk, also another egg improves the batter. Beat well and bake.

CORN MEAL CAKES—2.

1 quart boiling milk,	$\frac{1}{2}$ cup flour,
1 pint corn meal,	1 teaspoon salt,
3 eggs.	

Pour the boiling water over the corn meal; let cool and add flour, salt and well-beaten eggs. Grease a hot griddle and fry.

CORN DODGERS.

1 pint grated corn,	$\frac{1}{2}$ teaspoon salt,
3 tablespoons flour,	3 eggs:

Beat the eggs, add corn and salt; mix thoroughly and fry on a hot buttered griddle.

CRUMB CAKES.

1 quart sour milk,	Bread crumbs,
1 tablespoon melted butter,	2 teaspoons soda,
4 eggs.	

The night before using put some bread crumbs to soak in the milk; in the morning rub through a sieve, and add the eggs, butter, the soda dissolved in a little water, and enough corn meal to make the consistency of ordinary griddle-cakes. It is better to beat yolks and whites separately, stirring the whites lightly in just before baking.

FRIED BREAD.

$\frac{1}{2}$ pint milk,	1 egg,
$\frac{1}{2}$ teaspoon salt.	

Beat the egg into the milk, adding salt. Dip into it slices of bread, fry in butter to a delicate brown; serve hot. A nice breakfast dish when sausages are served is made by dipping the bread as directed and frying in the hot sausage fat. The bread must cook quickly in order not to become hard, and the fat must be hot but not sufficient to burn.

RAISED FLANNEL CAKES.

1½ pints milk,	1 tablespoon butter,
3 cups flour,	1 teaspoon salt,
½ cup yeast,	2 eggs.

Warm the butter in the milk ; when sufficiently cool add yeast, salt, and beat thoroughly. Set in a warm place to rise over night. Beat yolks and whites separately, and add first yolks and then the whites to the batter. Let stand 15 minutes. Fry on a hot griddle.

FLANNEL CAKES.

1 pint sweet hot milk,	2 large tablespoons butter,
1 pint sweet cold milk,	1 teaspoon salt,
½ cup yeast,	4 eggs.

Let the butter melt in the hot milk, and add cold milk and the yolks of eggs well beaten, salt, potato yeast, and sufficient flour to make a stiff batter ; set in a warm place to rise ; let stand from breakfast till supper, or over night ; before baking add the beaten whites ; fry like any other griddle-cakes. Be sure to make batter just stiff enough, for flour must not be added in the morning unless it is allowed to rise again.

FRENCH GRIDDLE-CAKES.

½ pound flour,	4 ounces butter,
½ pint milk,	1 ounce sugar.

Beat together till smooth the eggs and flour, melt the butter and add to the batter, with sugar and milk, beating thoroughly. Put 1 tablespoon at a time into a hot frying pan slightly greased, spreading the batter evenly over the surface of the pan by tipping it about, fry to a light brown, spread with jelly. Roll it up, dust with powdered sugar, and serve hot.

GRAHAM PATS.

1 cup sour milk,	1 egg,
½ teaspoon soda,	1 saltspoon salt.

Beat the egg, add salt and soda dissolved in the milk ; make a stiff batter with graham flour. Have a spider very hot with plenty of drippings. Drop in pats of the dough, cover, and when brown turn them.

GRAHAM GRIDDLE-CAKES.

1 quart graham flour,	1 tablespoon butter,
3 eggs,	1 teaspoon baking powder,
	1 teaspoon salt.

Beat the eggs thoroughly, add the melted butter, salt, flour, and milk or water enough to make a thin batter.

OATMEAL CAKES—1.

1 cup sour milk,	1 teaspoon salt,
$\frac{1}{2}$ cup sour cream,	1 teaspoon soda,
$\frac{1}{2}$ cup cooked oatmeal,	3 eggs.

Beat the eggs very light, adding salt, and stir into the oatmeal; dissolve soda in a little boiling water, pour into the milk and cream. Stir all together with the flour and fry immediately. For a family of three or four persons.

OATMEAL CAKES—2.

1 cup cooked oatmeal,	Salt,
1 cup milk,	Very little soda,
	2 eggs.

Mix and add sufficient flour to make a batter for frying.

HOMINY GRIDDLE-CAKES.

1 cup boiled hominy,	3 large tablespoons flour,
1 cup warm milk,	1 tablespoon butter,
	2 eggs.

Rub hominy, if cold and stiff, through a colander with the warm milk, add salt, melted butter, yolks of the eggs, well beaten, flour, and last the stiff whites; stir them in lightly just before baking. Bake on a hot griddle.

INDIAN PANCAKES.

1 pint Indian meal,	1 teaspoon salt,
$\frac{1}{2}$ cup flour,	1 teaspoon soda,
4 eggs,	2 teaspoons cream of tartar.

Put the meal into a pan, pour on boiling water until a little thinner than mush; when cool add yolks of the eggs, the flour mixed with the cream of tartar and salt; dissolve the soda in sufficient sweet milk or water to make a suitable batter; beat whites well, and add just before baking.

PANCAKES.

1 cup flour,	Pinch of salt,
1 cup milk,	1 egg.

Beat the egg thoroughly and add with salt to the milk; mix with flour till perfectly smooth; let the batter be of the consistency of good cream. Have the pan very hot, grease well with butter or drippings. Pour in batter to cover the bottom. The perfection of pancakes is to have them as thin as possible and very tender. Use a cake turner in turning. When cooked pile on a hot plate. Sprinkle with sugar and cinnamon or spread with jelly. Roll up like a sheet of paper. Serve.

POTATO PANCAKES.

3 eggs,	1 tablespoon sour cream,
Speck of soda,	Salt to taste.

Pare and grate raw potatoes to make about 1 quart of batter, add eggs, sour cream, soda and salt. They require rather a long time to bake, but are very nice.

SQUASH PANCAKES.

2 cups sifted squash,	2 eggs,
1 cup milk,	1 teaspoon salt.

Mix all well together, after beating the eggs, and add flour to make them turn easily on the griddle.

RICE GRIDDLE-CAKES—1.

1 quart sweet milk,	4 eggs,
$\frac{1}{2}$ cup rice,	Pinch of salt,
3 teaspoons baking powder.	

Boil the rice; when cold, mix with the milk, yolks of the eggs and flour sufficient to make a stiff batter; beat whites to a froth, add baking powder, a little salt, and lastly, the whites; bake on a griddle. A nice way to serve is to spread them while hot with butter and almost any kind of preserves or jelly; roll up neatly, cut off the ends, sprinkle with sugar, and serve immediately.

RICE GRIDDLE-CAKES—2.

1 pint milk,	1 tablespoon melted butter,
2 cups boiled rice,	$\frac{1}{2}$ teaspoon salt,
2 cups flour,	3 eggs,
2 teaspoons baking powder.	

Rub the rice through a sieve and add the well-beaten eggs, butter, milk, and flour with the baking powder. Mix thoroughly and bake immediately. If desired to raise the batter, omit the baking

powder, add one-half cup yeast and let stand in a warm place 2 or 3 hours before baking.

MUSH.

It is very desirable that some variety of grain mush should be served with every breakfast, for if properly cooked, no one article is capable of imparting greater nourishment or is more easily digested. One writer says in Great Britain children of all ranks are raised largely on an oatmeal diet, because it causes them to grow strong and healthful, and no better food can possibly be found for them. It is quite as needful for the student as for the laborer, and for the delicate lady as for her hard-working sister; indeed, all classes would be greatly benefited by its use, and dyspepsia can be kept at a safe distance. It is very necessary, however, to have something of the kind, particularly where there are children. A most excellent way to make these mushes more palatable and better liked by the little folks is to serve them with stewed fruit of some kind. A very good kind consists of Zante currants, well cleaned and stewed gently with a little water, sugar, and the juice and grated yellow rind of a small lemon. A small saucer of them, with oatmeal porridge and milk, for breakfast, will be found an admirable regulator and alterative. Raisins are, also, most excellent; and, if preferred, they can be stewed in the oatmeal or graham instead of being served separately. Comparatively few people know what a delicious sauce or preserve can be made by stewing down raisins with sugar.

One very important point must be insisted upon, and the failure either to perceive or practice it accounts for the dislike many have for mushes. No grain can be thoroughly cooked in a short space of time. The following is a good rule for proportion, quantity and length of time in cooking.

1 cup oatmeal,	3 cups water,
1 cup cracked wheat,	4 cups water,
1 cup hominy,	5 cups water,
1 teaspoon salt.	

Cook 3 hours in double boiler or covered pail in a tightly covered pot.

Pick over and wash the grain, put in the salt, pour over the

boiling water, and set on the stove for 10 minutes. Stir occasionally with a fork—never use a spoon—to prevent sticking to the pail. Set into the boiler or pot of boiling water and cook 3 hours. Then take out, and if desired for breakfast the next morning cover and set away. It can be kept a longer time by pouring a little cold water over the top to exclude the air. When needed, pour off the water, and set in boiling water for 20 minutes; take out, beat up with a fork, dry off in the oven 5 minutes and serve. A banana or baked apple, cut into a saucer of either oatmeal or wheat mush before adding cream and sugar, imparts a delicious flavor. In cooking the varieties of oats, wheat, etc., partially prepared for the table, and generally sold by grocers, always add from 10 to 15 minutes to the time allowed by the accompanying directions. Let this be emphasized. Cook mush always a long time, put boiling water on the grain, and never add more while cooking. The old-fashioned Hasty Pudding or Corn Meal Mush cooked but twenty or thirty minutes is unfit to eat, being in a half raw condition, and liable to disturb any but the strongest digestion. In frying mush let the griddle become heated gradually, and grease with a piece of fat salt pork on the end of a fork. Cut the slices thin and fry brown on one side before turning, then brown the other.

BAKED CORN MUSH.

1 quart corn meal, 2 quarts boiling water,
1 tablespoon salt.

Let the corn meal be fresh. Wet it with 1 pint cold water. Add the salt to the boiling water, and stir in the meal gradually. If made in this way the mush will be smooth, and will bake evenly. Pour into a buttered pan and bake from 3 to 4 hours in a slow oven. It should have a rich brown surface when baked. Eat with cream and sugar or syrup. This recipe can be used for boiled mush by preparing according to directions and simmer 2 hours. Cover closely, and stir with a wooden spoon occasionally to prevent scorching. If needed for a large family or to fry, make double the quantity. To prevent a crust from forming over cold mush, oil the top before setting it away.

CORN MEAL MUSH.

Put 4 quarts fresh water in a kettle to boil, salt to suit the taste;

when it begins to boil stir in $1\frac{1}{2}$ quarts meal, letting it sift through the fingers slowly to prevent lumps, adding it a little faster at the last, until as thick as can be conveniently stirred with one hand; set in the oven in the kettle, or take out into a pan, bake an hour, and it will be thoroughly cooked. It takes corn meal so long to cook thoroughly that it is very difficult to boil it until done without burning. Excellent for frying when cold. Stir with a hard wood paddle. The thorough cooking and baking in oven afterwards, takes away all the raw taste that mush is apt to have, and adds much to its sweetness and delicious flavor.

GRAHAM MUSH—1.

Let the flour run slowly through the fingers into a kettle of salted boiling water. Stir with a wooden paddle. Do not let it stop boiling or get too thick. Cook a few minutes after putting in the flour. It is much improved by removing from the kettle to a pan as soon as thoroughly mixed, and steaming 3 or 4 hours. It may also be eaten cold, or sliced and fried like corn mush.

GRAHAM MUSH—2.

Pare and stew fine 3 or 4 apples of ordinary size, adding water enough to make a thin sauce. When the apples are thus prepared, stir in graham flour until of the consistency of corn meal mush; add salt, let it boil about half an hour, and serve with rich milk, or with cream and sugar.

Plain graham mush without the apples, but with dates or stewed prunes stirred in, is also very nice for a change. Of course, in making this mush, the apple sauce can be prepared the day before, or any apple sauce on hand can be used, simply thinning it with hot water and letting it come to a boil before stirring in the graham.

GRAHAM MUSH—3.

Have a pint of milk boiling hot; salt, and stir graham flour quickly in until it is thick. Serve immediately with cream and sugar.

OATMEAL MUSH.

2 quarts boiling water, $1\frac{1}{2}$ teaspoons salt,
 $1\frac{1}{2}$ cups best oatmeal.

To the boiling salted water add the oatmeal slowly, stirring it

with a fork to prevent settling in a mass at the bottom. Let it cook 3 hours without stirring. While stirring in meal put inner kettle directly on the stove and then set in the boiler. To use for breakfast, cook the previous day. Serve with cream and sugar. This is unsurpassed as a breakfast dish, especially for growing children, who need bone and muscle-producing food. To be wholesome it must be well cooked, and not the pasty, half cooked mass usually served at boarding houses. There are a few persons with very delicate digestive powers, who should eat oatmeal only when thoroughly pearled, as the outer husks of the grain irritate the coatings of the stomach. In lieu of a custard kettle the mush may be made in a pan or small tin pail, and then steamed 2 hours.

RICE.

Wash 1 cup of rice in several waters, then add to 1 quart of boiling water. Cook in a double kettle from 20 to 30 minutes. Avoid stirring as it breaks the kernels; add a little salt when first put on to cook. To steam rice, allow 3 times as much water or milk as rice.

RICE—SOUTHERN RECIPE.

Wash rice in 3 waters. Rub dry on a clean cloth. Sprinkle the rice into a deep saucepan of boiling water. Let there be sufficient water for the rice to move around freely. Do not cover. Try the grains at 20 minutes to see if thoroughly cooked. If not, wait 2 or 3 minutes longer. Then take from the fire and turn into a colander. After draining dry, put into a saucepan with butter, in the proportion of one-half tablespoon to a cup of rice, also plenty of salt. Let stand where it will just escape scorching. Leave it uncovered, but occasionally turn it up from the bottom with a fork and in about 40 minutes, if in a sufficiently hot place, it will be dry and every grain stand alone. If the rice be boiled too long, it will grow soft and mushy and will take longer to dry. In that case, when drained, let cold water be poured over, so as to pass through it. Then shake it dry, put in the saucepan with the butter and proceed according to directions given.

FRIED MUSH—1.

The day before wanted, fill a 2 quart pail, or pudding boiler,

two-thirds full of boiling water, well salted; stir in the meal and 1 cup of wheat flour, making it rather stiff. Cover closely, and set in a kettle of boiling water to boil for 4 or 5 hours. Leave it in the pail to get cold, then turn out, and cut in slices to fry. Put a little fresh lard and salt in the frying pan, in the morning, and fry the slices to a nice brown on both sides.

Another way to fry mush is to cut it in inch squares, roll in flour, and fry in hot lard like doughnuts or fritters. A wire frying basket is a great convenience when frying in this way. Drain the fried squares, put into a covered dish, and serve hot, sprinkling with sugar if liked.

FRIED MUSH—2.

Have it made very stiff; place it in a long, deep dish to cool. When cold cut into thick slices; dip in a beaten egg, then in flour, drop into a kettle of hot lard and fry like doughnuts. Oatmeal and wheat mushes can be fried in a similar manner and are very nice.

FRUMENTY.

Procure some whole wheat, new wheat if possible; boil it in milk till quite tender, or till it cracks open, serve with preserves, stewed fruit or sugar.

BOILED WHOLE WHEAT.

Very few know how good whole wheat is when boiled; but it should be cooked the day before wanted, boiling slowly for 5 or 6 hours, until thoroughly cooked. Of course, it is understood that it is to be washed first, like rice, in several waters. In the morning, steam it over the teakettle, if there is no other kettle of water, for about one-half hour, or until hot, and serve alone, with stewed fruit or with milk or cream.

TOAST.

The very best conditions for making a good article of toast, are some good, stale bread, a bed of live coals, and a long-handled toasting fork. Failing the live coals, the next best thing is a very hot oven. Never try to toast bread by laying it on top of the stove and scorching it. The slices must be thin and evenly toasted to a rich brown on both sides, then sprinkled with hot water and spread with butter. Add salt if the butter is quite

fresh. Cream or milk can be added, if desired, but should always be used hot. There are few palates that do not relish, and few stomachs that will not digest, toast properly prepared.

BREAKFAST TOAST—1.

Cut slices of a uniform thickness; move around over a brisk fire, to have all parts toasted alike; keep only so near the coals that the pieces will be heated through when both sides are well browned. If the slightest point is blackened or charred, scrape it off, or it will spoil the flavor of the whole. If covered with an earthen bowl, it will keep both warm and moist. A clean towel or napkin will answer if it is to go at once to the table. Stale bread may be used for milk toast, but sweet, light bread, only a day old makes the best toast.

BREAKFAST TOAST—2.

Take slices of very dry bread, butter them well, lay in a deep dish and pour over enough hot water, slightly salted, to nearly cover them. Set in the oven until nicely browned. It makes a nice toast, with a different flavor from the ordinary.

BUTTERED TOAST.

Although toast is commonly used, few know how to prepare it nicely. Take bread not too fresh, cut thin and evenly, trim off the crust; first warm each side of the bread, then present the first side again to the fire until it takes on a rich, even, brown color; treat the other side in the same way; butter and serve immediately. The coals should be bright and hot. Toast properly made is very digestible, because all the moisture is extracted, and the bread has become pure farina of wheat; but when it is exposed to a hot fire and the outside charred, the inside remains as moist as ever, and butter applied to it while warm does not penetrate, but floats on the surface in the form of rancid oil. Or, beat 1 cup of butter and 3 tablespoons flour to a cream, pour over this 1½ pints boiling water and dust with pepper; place over a kettle of boiling water 10 minutes, dip the toast into it, and serve hot. Or, dip each slice of toast in boiling hot water, slightly salted, spread with butter, cover and keep hot.

CREAM TOAST.

Heat sweet cream to the boiling point, setting it into boiling

hot water to prevent scorching; add a little salt. Let the slices of bread be toasted by the time the cream is ready, and put them into a deep dish covering each one with plenty of cream and serve immediately, keeping the dish covered.

CRACKER TOAST.

1 quart milk,	2 tablespoons butter,
1 teaspoon salt,	3 tablespoons flour or corn starch.

Set the milk in hot water to boil; when boiling add the butter cut into dice; stir until melted; add salt and flour stirred smooth in a little cold milk. Stir while it thickens, then set on the back of the stove to keep hot if the crackers are not ready. Toast them, and let stand a few minutes in boiling salted water. Lay them in a deep dish, and pour over each one plenty of the thickened milk. Milk toast is made by this recipe, substituting toasted bread for crackers. Serve covered.

DRY TOAST.

Use bread at least a day old. Have a plate heated to receive the toast. Cut the slices rather thick but even. See that the coals are hot and have the bread ready in a toaster or on a fork. Hold it as close as possible to the fire without burning. When nicely browned on one side, turn on the other. Put immediately on the hot plate, cover with a napkin and serve at once. Toast eaten cold is not so good or wholesome as that eaten hot. Do not make toast till the family are ready to eat it. Dry toast is the foundation of all other toasts and it is very important that it should be nicely prepared.

FRENCH TOAST.

Toast slices of stale bread; dip first in sweet milk, then in well-beaten egg, and fry in hot fat.

OYSTER TOAST.

Scald a quart of oysters in their own liquor, but do not boil them, as boiling makes them tough and leathery. When scalding hot, take from the liquor and chop very fine, or until they form a paste. Add a little cream and season with pepper and salt, then spread them over slices of buttered toast, and set in the oven until heated through.

LEMON TOAST.

1 pint milk,	2 tablespoons flour,
2 eggs,	1 saltspoon salt.

Make dry toast. Dip the slices in this batter, then fry quickly on a griddle. Put into a deep dish, wetting each slice with the following sauce, and pour the remainder over all.

Sauce.

3 eggs, whites,	Lemon juice,
$\frac{1}{2}$ cup sugar,	1 cup boiling water.

Beat the eggs thoroughly, add the sugar, juice of 1 lemon, and stir into the boiling water. Serve hot.

MENNONITE TOAST.

1 pint sweet milk,	Pinch of salt,
3 eggs.	

Beat the eggs well, add milk and salt; cut slices an inch thick from a loaf of baker's bread, remove crust, dip slices into the eggs and milk, fry like doughnuts in very hot lard or 'drippings, till a delicate brown, butter and sprinkle with powdered sugar, and serve hot.

QUEEN'S TOAST.

Add to 1 cup of sweet milk 2 tablespoons sugar, a little salt and a well-beaten egg; dip in this slices of bread; if dry, let it soak a minute, and fry on a buttered griddle until light brown on each side. Serve, if desired, with mixed cinnamon and sugar. This is a good way to use dry bread.

SCRAMBLED TOAST.

1 gill milk,	1 teaspoon butter,
Pepper,	1 saltspoon salt,
Parsley,	8 or 10 eggs.

Put butter in a frying pan on the stove, add milk, salt, pepper, and a tablespoon of minced parsley. When it boils, break into it the eggs. Beat, and stir them around until well mixed. Have some slices of toast dipped in hot milk, salted, peppered and buttered, and laid on a flat dish. Spread the scrambled eggs on top of the toast, and serve at once.

CAKE.

THOUGH it is true of some cooks that, like poets, they are "born, not made," it is equally true that the great majority must learn how to cook. While admiring the genius that from as much sugar as liked, a piece of butter, a few eggs, a little cream or none at all, a pinch of salt, a dust of spice, just enough soda, all the flour needed, evolves the most delicious dishes, do not try to imitate. Ordinary mortals must be content to follow a given recipe exactly, provided it comes from a reliable source, and bring experience, common sense, education and observation to bear upon the making and baking of bread and cake; in fact, use brains to direct in all departments of cooking, as well as in other work.

General directions: Butter, eggs, and flour should all be fresh. Very salt butter should be cut into bits and freshened in cold water. The so-called cooking butter should never be used, as heat develops its bad qualities.

Keep eggs in a cool, dry place. The whites and yolks of eggs should be beaten separately, the yolks till they become frothy, and the whites so stiff that they cannot slip on the platter or dish when turned on its side. This requires more beating than to turn the plate upside down while the whites do not fall. Shake a little salt over the whites after separating them; set in a very cool place, and the beating will be more easily and quickly done. Unused whites must not be beaten; they will keep for several days if set in a cool place. Unused yolks will keep for several days if thoroughly beaten and set in a cool place. The white or yolk of a medium-sized egg weighs 1 ounce, a fact that it is convenient to know, as sometimes the white or yolk of 1 or more eggs is wanted from several that have been put away together. Flour should always be sifted before using, and it ought to be dry. In using new flour for either bread or cake-making, it can be ripened for use by placing the quantity intended for baking in the hot sun a few hours, or before the kitchen fire. More or less flour may be needed,

according to the climate, or the kind of flour used: new-process flour requires one-eighth less than other brands.

Soda should be dissolved either in a little boiling water, or by beating 1 minute in the milk. Cream of tartar and baking powder should always be sifted into the flour. Great exactness should be used in their measurement.

Regarding milk, note this: Sweet milk makes a cake that cuts firmly, like pound cake; sour milk makes a light, spongy cake; baking powder, or cream of tartar and soda are used with sweet milk, and with sour milk only soda. It may be remarked in general, that anything that can be made with sour milk is better made with sour cream or buttermilk, using a trifle less shortening.

Use powdered sugar for delicate cakes, and granulated or "Coffee A" for all other kinds. These are the best and most economical. Some advise brown sugar for dark cakes; if used, buy the best in order that it may be as clean and dry as possible. Unless otherwise specified, the term "sugar" in the recipes of this book refers to granulated sugar.

Wash raisins thoroughly in warm water, it will not injure them, and after draining, spread them out to dry. A large quantity can be thus cleaned and kept for use in a jar in a dry, cool place. To stone or seed them, pour hot water on, let stand a few minutes, and cut with scissors or a sharp knife. The process is quick, and the seeds come out clean.

Citron should be cut in thin slices and short lengths.

Wash currants in as many waters as necessary to thoroughly clean them. An easy way is to put them into a coarse sieve, and set in a large pan of warm water; stir constantly until the stems are broken off and have passed through the sieve, and the water is clean from dirt. Rub in a cloth and spread on platters to dry, stirring occasionally.

Blanch almonds by pouring over boiling water, let stand a moment, drop in cold water, and slip off the loose skins. Pound with a little rose-water to prevent oiling.

Select only fresh, soft figs for cooking.

In grating lemons or oranges, use only the yellow part of the rind.

Cocoanut, either dessicated or the nut, should be very fresh. It is unfit for use otherwise. To prepare cocoanut, cut a hole through the meat at one of the holes in the end, draw off the milk, pound the nut well on all sides to loosen the meat, crack, take out meat, and set the pieces in the heater or in a cool, open oven over night, or for a few hours, to dry, then grate; if all is not used, sprinkle with sugar, after grating, and spread out in a cool, dry place, and it will keep for weeks.

Spices are much purer if ground in a spice-mill at home, but care must be used to thoroughly powder them.

Choose a time of day for making cake when least liable to interruptions.

Be exact in weights, or measurements, and careful that no ingredient is omitted.

It is as important to attend well to the baking as the making of the cake; much, even more, depends on it. Have a steady fire. Use coal or hard wood. Ordinarily it will not be necessary if the fire is rightly prepared to add fuel during baking, but if it should be needed in a wood stove, add wood in small quantities, for if the heat slackens the cake will be heavy. Most cake requires a moderate heat; however, in baking fruit cake, which requires many hours, the oven must be slow or the cake will burn. When a sheet of white paper browns delicately in the oven at the end of 5 minutes, the heat is right for sponge cake. Jelly and layer cakes require a hot oven in order to bake quickly. Careful attention is needed to prevent the edges from burning. Many test ovens in this way: If the hand can be held in from 20 to 35 seconds, or while counting 20 or 35, it is a quick oven; from 35 to 45 seconds is moderate, and from 45 to 60 seconds is slow. Sixty seconds is a good oven for large fruit cakes. The light or heavy plate of the stove affects the temperature of the oven, and 20 seconds in one oven may indicate what would be 30 or 35 in another. Each cook must ascertain the qualities and capabilities of her own stove, in order to do good work. After putting cake into the oven do not open, at least for 10 minutes, except for layer cakes. Open as seldom as possible, and with some cakes, never. Be careful no draughts of cold air from open window or door strike in. Move

cake very carefully if necessary to turn, and shut the door gently in order not to jar it. The directions given for regulating the heat of the oven in baking bread apply to cake. Do not try a cake to see if it is done, until sure it is done. Allow about 30 minutes for each inch of thickness if in a quick oven, and more time in a slow one. Test with a broom splint or knitting-needle, and if the dough does not adhere, it is done. Settling away from the pan a little, and stopping its singing, are other indications that the cake is ready to leave the oven. When removed, set the cake, while in the pan, on an inverted sieve to cool; this secures a free circulation of air all round it, and cools it evenly. Set away, always right side up. A tin chest or stone jar is best to keep it in. Coffee cake should be put away before it is cold, and so closely wrapped in a large napkin that the aroma will not be lost.

Before beginning to mix the cake see that the fire is well under way. Grease the tins thoroughly with a little lard or butter; the latter has a tendency to blacken the surface. Line the bottom with paper; for fruit cake use from 4 to 6 layers of paper on the bottom, and 1 or more on the sides of the pan, if tin or iron is used. Butter the paper next the cake. It is preferable to use a large earthen pan for fruit cake, and the turk's-head pan, the one having a funnel in the center, is especially desirable for all cakes requiring a long or very uniform baking.

Prepare all the ingredients for use. Have ready a large earthen mixing bowl, which is much better than tin. Sift salt, baking powder, or cream of tartar and spice into the flour. Take a little of the measured flour and sift lightly over the fruit to be used. Have the flour browned previously for dark cakes. Break and separate the eggs and beat the yolks. Rub the butter and sugar to a cream with a wooden or silver spoon, or until it looks very light and is of a creamy consistency. If the bowl is warmed this can be more easily done, but avoid melting the butter; add the frothy yolks, and a little flour, beating steadily, then one-half of the milk, if called for, more flour, the remainder of the milk, and the flour. Beat thoroughly, that is, till well mixed, then cut and fold in the previously beaten whites, so that they shall be well incorporated with the mixture. There are 4 processes used in mak-

ing cakes or working with eggs, and they are indicated by their names, stirring, beating, cutting, and folding. The last two should always be used where the whites of the eggs are particularly necessary either in cakes, creams or jellies. Though spice is mixed with the flour, flavoring, such as extracts or juices, should be added just before baking. Add fruit after all other ingredients. If but little fruit is used, it can be dropped in layers while putting the mixture in the pans. The pans should be filled only two-thirds full, leaving room for the cake to rise.

Cookies, gingersnaps, jumbles and wafers require a hot oven to bake quickly. If they become moist by keeping, heat well a few minutes. To cut cake while warm, let the knife be hot.

Ordinary unused writing paper, the clean side of a letter, the blank paper from a newspaper publishing office, or smooth, light brown paper like manilla, not too heavy, are all suitable for lining cake tins.

The usual kitchen measurement for a cup is a one-half pint, and it will be so understood in this book, except when otherwise indicated.

ANGEL'S FOOD.

11 eggs, whites,	1 cup flour,
$1\frac{1}{2}$ cups granulated sugar,	1 teaspoon cream of tartar,
	1 teaspoon flavoring.

Sift the flour 4 times, then add the cream of tartar and sift again, but measure before putting in the cream of tartar; sift the sugar and measure it; beat the eggs to a stiff froth on a large platter; on the same platter add the sugar, then the flour, beating lightly all the time. Add the flavoring last, and do not stop beating until put into the pan to bake. A pan with a tube in the centre should be used. Line with paper, using no greese, and fill not more than three-fourths full. Bake in a moderate oven about 40 minutes. Test with a broom splint and if too soft let remain a few minutes longer. Do not open oven till cake has been in 15 minutes. When done, turn upside down to cool. Take from pan when cold, and ice the bottom if desired.

ALMOND, HICKORY NUT OR COCOANUT CAKE.

1 pound sugar,	1 teaspoon soda,
1 pound flour,	$\frac{1}{2}$ teaspoon salt,
$\frac{1}{4}$ pound butter,	1 grated cocoanut, or
4 eggs,	1 pint hickory nuts, or
1 cup sour cream,	1 pint blanched almonds.

Mix all thoroughly, grate in the white part of a cocoanut, or stir in 1 pint of hickory nuts, or blanched almonds pounded.

BEAUTIFUL CAKE.

6 eggs, whites,	2 cups sugar,
1 cup butter,	3 cups flour,
1 cup sweet milk,	2 teaspoons baking powder,
Flavor with rose or almond.	

BLACK CAKE—1.

12 eggs,	1 pound citron,
1 pound sugar,	$\frac{1}{2}$ nutmeg,
1 pound flour,	1 teaspoon mace,
1 pound butter,	1 tablespoon cinnamon,
2 pounds raisins,	2 tablespoons coffee,
2 pounds currants,	2 tablespoons rose-water,
$\frac{1}{4}$ pound finely chopped fresh figs.	

Rub the butter and sugar together, add yolks of the eggs, part of the flour, the spice and whites of the eggs well beaten; then add remainder of the flour, the coffee, rose-water, and fruit, excepting citron; mix thoroughly. Line sides and bottom of an 8 quart pan with buttered paper, putting 3 layers of paper on the bottom; put in the mixture adding the sliced citron in alternate layers. Bake 4 or 5 hours in a slow oven.

BLACK CAKE—2.

6 eggs,	1 teaspoon mace,
$\frac{1}{2}$ cup butter,	1 teaspoon cloves,
2 cups brown sugar,	2 pounds raisins,
3 cups flour, browned,	2 pounds currants,
2 cups sweet milk,	$\frac{1}{2}$ pound citron,
2 tablespoons molasses,	1 teaspoon soda,
1 tablespoon cinnamon,	2 teaspoons cream of tartar.

Bake 3 hours.

BREAD CAKE—1.

3 cups light yeast, sponge,	3 eggs,
2 cups sugar,	2 teaspoons cinnamon,
1 cup butter,	Nutmeg to taste.

Fruit as desired.

Mix all together until smooth as pound cake. Add fruit, and let rise in the pans in which it is baked. The oven should be about right for bread. This is easily made, and is quite as nice as common loaf cake.

BREAD CAKE—2.

2 cups light bread dough,	$\frac{1}{2}$ teaspoon soda,
$1\frac{1}{2}$ cups sugar,	1 tablespoon cinnamon,
$\frac{1}{2}$ cup butter,	1 cup raisins, stoned and chopped,
3 tablespoons sour milk,	$\frac{1}{2}$ small cup flour,
	Nutmeg to taste.

Stir all well together, adding the fruit last, let rise, and bake in a moderate oven.

BRIDE'S CAKE.

12 eggs, whites,	4 small cups flour,
3 cups sugar,	$\frac{1}{2}$ cup cornstarch,
1 small cup butter,	2 teaspoons baking powder,
1 cup sweet milk,	Lemon to taste.

Adding a cup of citron sliced thin and dusted with flour, makes a beautiful citron cake.

BUFORD CAKE.

1 cup butter,	1 cup sour milk,
2 cups sugar,	1 teaspoon soda,
4 cups sifted flour,	5 eggs.

1 pound seeded raisins.

Beat the butter and sugar to a cream, add the yolks and milk, and stir in the flour with soda well mixed through it, add the whites of the eggs beaten to a stiff froth, and lastly the raisins dredged with a little flour; bake $1\frac{1}{2}$ hours. Use coffee cups to measure. This makes a cake for a 6 quart pan.

CARMEL CAKE.

7 eggs, whites,	$1\frac{1}{2}$ cups flour,
1 cup butter,	1 cup cornstarch,
2 cups sugar,	1 scant cup milk,

3 teaspoons baking powder.

Caramel.

$\frac{1}{2}$ pound brown sugar,	$\frac{1}{2}$ cup milk,
$\frac{1}{4}$ pound chocolate, scant,	Butter size of an egg,
2 teaspoons vanilla.	

Mix thoroughly, cook till thick, adding the vanilla after it is taken from the fire, spread on the cake and set in the oven to dry.

CHOCOLATE CAKE—1.

7 eggs, yolks,	1 cup sweet milk,
1 cup butter,	4 cups flour,
3 cups brown sugar,	3 teaspoons baking powder,
9 tablespoons Baker's chocolate.	

This may be baked as a layer cake, making a white cake of the whites of the eggs, baking in layers, and putting them together with frosting, alternating the layers.

CHOCOLATE CAKE—2.

2 cups sugar,	$2\frac{1}{2}$ cups flour,
1 cup butter,	5 eggs, reserving 3 whites,
1 cup sweet milk,	2 teaspoons baking powder,
This makes 2 flat cakes.	

Icing.

3 eggs, whites,	6 tablespoons grated chocolate,
$1\frac{1}{2}$ cups powdered sugar,	2 teaspoons vanilla.

MARBLE CHOCOLATE CAKE.

White part.

1 cup sugar,	2 cups flour, large,
$\frac{1}{2}$ cup milk,	4 eggs, whites,
$\frac{1}{2}$ cup butter,	2 teaspoons baking powder,

Stir the sugar and butter to a cream, add the milk slowly, the flour sifted thoroughly with the baking powder, and last the whites of the eggs beaten stiff.

Dark part.

$\frac{3}{4}$ cups sugar,	$1\frac{1}{2}$ cups flour,
$\frac{1}{2}$ cup butter, small,	4 eggs, yolks,
$\frac{1}{2}$ cup milk,	$1\frac{1}{2}$ teaspoons baking powder,
7 tablespoons grated chocolate.	

Put in pans alternately 1 large spoonful of the white and dark.

CININNATI CAKE.

2 cups brown sugar,	1 pint boiling water,
7 cups sifted flour,	1 tablespoon cinnamon,
1 cup molasses,	1 tablespoon cloves,
1 pound raisins,	1 teaspoon nutmeg,
$\frac{1}{4}$ pound citron,	3 teaspoons baking powder
1 pound fat salt pork,	2 tablespoons coffee,
	$\frac{1}{2}$ teaspoon soda.

Take the rind and all bits of lean meat from the pork, chop fine, pour the boiling water over it, let stand till nearly cold, and add the other ingredients; mix well. Bake slowly $2\frac{1}{2}$ hours.

COCOANUT CAKE.

1 cup butter,	4 eggs,
3 cups sugar,	1 teaspoon soda,
1 cup sweet milk,	2 teaspoons cream of tartar,
$4\frac{1}{2}$ cups flour,	1 grated cocoanut.

COFFEE CAKE—1.

2 cups brown sugar,	1 pound currants,
1 cup butter,	4 cups flour,
1 cup molasses,	2 teaspoons cinnamon,
1 cup strong coffee,	2 teaspoons cloves,
4 eggs,	Nutmeg to taste,
1 pound raisins,	1 teaspoon soda.

COFFEE CAKE—2.

1 cup brown sugar,	1 egg, or yolks of 2,
1 cup molasses,	2 pounds of raisins,
$\frac{1}{2}$ cup butter,	$\frac{1}{4}$ pound citron,
1 cup strong coffee,	1 heaping teaspoon soda,
4 cups flour,	1 tablespoon cinnamon.
	1 teaspoon cloves.

Beat the butter and sugar together, add the egg, spices, molasses, and coffee, then the flour, and the fruit dredged with the flour. Bake 1 hour in a moderate oven, or make in two small loaves which will bake in a short time. This may be made without the egg.

CREAM CAKE—1.

1 cup sugar,	2 eggs,
1 cup sour cream,	1 teaspoon soda,
2 cups flour,	$\frac{1}{2}$ teaspoon salt.

CREAM CAKE—2.

1 egg,	$\frac{1}{2}$ teaspoon soda,
1 cup sugar, scant,	Pinch of salt,
$1\frac{1}{2}$ cups flour,	Thin sour cream.

Break the egg into a cup, fill the cup with sour cream, beat all together and bake.

CREAM CAKE—3.

1 cup sugar,	1 teaspoon baking powder,
2 cups flour,	Pinch of salt,
2 eggs,	Sweet cream.

Break the egg into a coffee cup, fill with sweet cream, beat all together quickly and bake. May be baked as layer cake, and put together with jelly or icing.

CREAM CAKES.

1 cup sweet cream,	3 eggs,
1 cup white sugar,	$\frac{1}{4}$ teaspoon salt,
1 cup flour, heaping,	1 teaspoon baking powder,
	Flavor.

Beat all together 5 minutes, and bake in patty-pans or gem pans.

CUP CAKE—OLD RULE.

1 cup butter,	3 cups flour,
2 cups sugar,	4 eggs,

Flavor to taste.

Cream the butter and sugar well together, add the well-beaten yolks, beat the whites stiff, and mix them in alternately with the well-sifted flour. Bake in a moderate oven.

CUP CAKE—MODERN.

1 cup butter,	4 eggs,
2 cups sugar,	1 cup milk,
3 cups flour,	2 teaspoons baking powder,

Flavor to taste.

DELICATE CAKE—1.

3 cups flour,	$\frac{3}{8}$ cup butter,
2 cups sugar,	7 eggs, whites,
1 cup milk,	2 teaspoons baking powder,

Citron or flavoring.

Cream well the butter and sugar, sift the baking powder into the flour, and add alternately with the milk to the cream. Cut and fold the well-beaten whites into the mixture. Add the strips of citron in layers as the batter is poured into the pans. If pre-

ferred use almond, or other flavoring. This is similar to pound cake. Bake from 45 minutes to 1 hour in a very slow oven.

DELICATE CAKE—2.

12 eggs, whites,	1 pound flour,
$\frac{3}{4}$ pound butter,	2 tablespoons milk,
$\frac{3}{4}$ pound sugar,	2 teaspoons baking powder,

Flavor with juice of lemon.

Work the butter and sugar to a cream, add the milk ; beat the whites to a stiff froth, sift the baking powder into the flour, and add alternately, to the mixture. This may be used as layer cake with filling as follows :

3 eggs, yolks,	1 cup sugar,
$\frac{1}{2}$ cup butter,	2 lemons.

Use the grated rind and juice of the lemons, mix all together, and cook till thick as sponge, stirring all the time.

HARTFORD ELECTION CAKE.

2 pounds sugar,	1 quart milk,
3 pounds butter,	2 cups yeast,
2 pounds raisins,	$\frac{1}{2}$ ounce nutmeg,
$\frac{1}{2}$ pound citron,	4 eggs,
5 pounds dried and sifted flour.	

Beat the butter and half the sugar to a cream and mix very fine in the flour, then add half the milk, bloodwarm in summer and hot in winter, but not hot enough to scald the yeast. Add the yeast, beating thoroughly, the eggs, and the remainder of the milk. Beat well. Let rise over night and in the morning beat again, and add the rest of the sugar. Let stand 5 or 6 hours or until very light. Add the fruit, pour into the pans, and let rise three-quarters of an hour. Bake 1 hour.

EGGLESS CAKE.

$1\frac{1}{4}$ cups sugar,	1 teaspoon soda,
1 cup sour milk,	$\frac{1}{2}$ teaspoon cinnamon,
3 cups sifted flour,	$\frac{1}{2}$ teaspoon nutmeg,
$\frac{1}{2}$ cup butter,	1 cup chopped raisins.

ELECTION CAKE.

5 pounds sifted flour,	1 cup yeast,
2 pounds butter,	5 eggs,
2 pounds sugar,	1 quart sweet milk,
2 pounds raisins,	1 gill coffee,
1 pound currants,	1 gill rose-water,
$\frac{1}{2}$ pound citron,	$\frac{1}{2}$ ounce nutmeg.

Rub the butter and flour together very fine, add half the sugar, then the yeast and half the milk, hot in winter, bloodwarm in summer, the eggs, then the remainder of the milk; beat well and let rise in a warm place all night; in the morning beat a long time, adding the coffee, rose-water, sugar, spice, and fruit well floured, and allow to rise very light, after which put in cake pans and let rise 10 or 15 minutes; have the oven about as hot as for bread. This cake will keep any length of time. For raised cakes use potato yeast if fresh made; it is always a perfect success.

ENGLISH CHRISTMAS CAKE.

3 eggs,	1 pound sugar,
1 pound butter,	1 pound currants,
2 pounds flour,	$\frac{1}{4}$ pint milk,
5 small teaspoons baking powder.	

Beat the butter to a cream, add the well-beaten eggs, then the other ingredients, putting the flour in last. This is a very nice cake when first baked, but it soon becomes dry.

EVERLASTING CAKE.

6 eggs,	$1\frac{1}{2}$ pints sifted flour,
$\frac{3}{4}$ pint white sugar,	$\frac{1}{2}$ pound sliced citron,
$1\frac{1}{2}$ pints blanched almonds.	

Beat the yolks and sugar together, add the almonds and citron, then the whipped whites and flour; pour $1\frac{1}{2}$ inches thick in well-greased dripping pans, bake in a quick oven, and, when done, cut slices 1 inch thick across the cake, turn each slice over on its side, return to oven and bake a short time. When cold place in a tin box. These will keep a year and a half or more, and are nice to have in store.

CHOICE FIG CAKE.

1 large cup butter,	3 pints flour,
$2\frac{1}{2}$ cups sugar,	3 teaspoons baking powder,
1 cup sweet milk,	16 eggs, whites,
$1\frac{1}{4}$ pounds figs cut in strips and floured well.	

APPLE FRUIT CAKE.

2 eggs,	$3\frac{1}{2}$ cups flour,
1 cup butter,	2 cups raisins,
2 cups sugar,	3 cups dried apples,
1 cup milk,	2 cups molasses,

1 teaspoon soda.

Soak the dried apples over night, then chop fine, and stew 2 hours in the molasses. Beat the butter and sugar to a cream, add the milk in which the soda is dissolved, the beaten eggs, flour, and lastly the raisins and apples. Stir well, pour into pans and bake $1\frac{1}{2}$ hours.

EXCELLENT FRUIT CAKE.

10 eggs,	$1\frac{1}{2}$ pounds raisins,
1 pound butter,	$1\frac{1}{4}$ pounds currants,
1 pound sugar,	$\frac{3}{4}$ pound citron,
$1\frac{1}{4}$ pounds flour,	2 tablespoons lemon,
	2 teaspoons yeast powder.

Mix one-fourth pound of the flour in the fruit.

HICKORY NUT FRUIT CAKE.

1 cup brown sugar,	2 teaspoons soda,
2 cups fresh butter,	5 teaspoons cream tartar,
1 cup warm milk, sweet,	2 tablespoons vanilla,
9 cups sifted flour,	2 cups English currants,
8 eggs beaten separately,	5 cups raisins,
	3 cups hickory nut kernels.

This will make three loaves. Mix the cream of tartar in the flour, stir the currants into the dough, and put the nuts and raisins in alternate layers through the dough.

MINNESOTA FRUIT CAKE.

3 eggs,	1 heaping cup stoned raisins,
$1\frac{1}{2}$ cups brown sugar,	1 cup currants,
$3\frac{1}{2}$ cups flour,	1 teaspoon soda,
1 cup butter,	1 teaspoon cinnamon,
$\frac{1}{2}$ cup molasses,	1 teaspoon cloves,
1 cup sour milk,	1 teaspoon allspice.

The fruit may be stewed slowly for 20 minutes in just water enough to keep it from burning. Drain the liquid all off, and dredge the fruit with flour. The liquid may be used in the cake. When the fruit is prepared in this way a little more flour is needed.

POOR MAN'S FRUIT CAKE.

3 eggs,	1 cup chopped raisins,
$1\frac{1}{2}$ cups brown sugar.	$\frac{1}{2}$ cup blackberry jam,
2 cups flour,	3 tablespoons sour milk,
1 cup butter,	$\frac{1}{2}$ teaspoon soda.

This is excellent and economical.

SCOTCH FRUIT CAKE.

1 cup butter,	9 eggs,
2 cups white sugar,	1 pound raisins,
4 cups sifted flour,	$\frac{1}{2}$ pound currants,
$\frac{3}{4}$ cup sour milk,	$\frac{1}{4}$ pound citron,
$\frac{1}{2}$ teaspoon soda,	1 teaspoon lemon,
1 teaspoon vanilla.	

Cream the butter and sugar, add the milk gradually, the beaten yolks, and lastly, while stirring in the flour, the whites well whipped and the flavoring. Have the raisins stoned and chopped, the currants washed and dried, and the citron sliced thin; dredge all lightly with flour; put the cake and fruit in the pans in alternate layers, having the first and last layers of cake. Bake in a moderate oven 2 hours. Tested by many and has never failed.

THANKSGIVING FRUIT CAKE.

6 pounds flour,	1 quart sweet milk, large,
3 pounds butter,	1 pint yeast,
$3\frac{1}{2}$ pounds sugar,	1 ounce mace,
4 pounds raisins,	1 gill coffee,
$\frac{1}{2}$ pound citron,	1 gill rose-water,
6 eggs,	1 teaspoon soda, small.

After tea, take all the flour except a little for dredging the raisins, a small piece of the butter, the yeast, and milk, and mix like biscuit; then mix the butter and sugar, and at nine o'clock in the evening, if sufficiently light, put one-third the butter and sugar into the dough; at twelve add another third, and very early in the morning the remainder; about eleven o'clock, if light enough, begin kneading, and continue for 1 hour, adding meanwhile all the other ingredients, the soda last. This will make seven loaves.

WHITE FRUIT CAKE.

1 cup butter,	1 pound figs,
2 cups sugar,	1 pound dates,
1 cup sweet milk,	1 pound almonds,
$2\frac{1}{2}$ cups flour,	$\frac{1}{4}$ pound citron,
1 pound raisins,	7 eggs, whites,
2 teaspoons baking powder.	

Cut the fruit fine and dredge with flour; beat the eggs to a foam; mix thoroughly, and bake very slowly.

GOLD CAKE.

$\frac{1}{2}$ cup butter,	3 cups flour,
$\frac{1}{2}$ cup sweet milk,	4 eggs, yolks,
2 cups sugar,	2 teaspoons bakingpowder,
	Flavoring.

For the silver cake use the same recipe, taking whites instead of yolks of eggs.

For marble cake make the light part the same ; in the dark part use 2 cups brown sugar instead of white, and some spices.

GROOM'S CAKE.

10 eggs,	1 pound flour,
1 pound butter,	1 pound stoned raisins,
1 pound white sugar,	$\frac{1}{2}$ pound sliced citron,
	2 pounds blanched almonds, chopped fine.

Beat the butter to a cream, add the sugar gradually, then the well-beaten yolks ; stir all till very light, add the almonds ; beat whites stiff and add gently with the flour ; take a little more flour and sprinkle over the raisins and citron, then put in the cake pan, first a layer of cake batter, then a layer of raisins and citron, then cake, and so on till all is used, finishing off with a layer of cake. Bake in a moderate oven 2 hours.

HARD MONEY CAKE.

Gold part.

8 eggs, yolks,	1 cup sour milk,
1 cup butter, scant,	1 teaspoon soda,
2 cups sugar,	1 tablespoon cornstarch,
4 cups flour,	Flavor with lemon or vanilla.

Silver part.

8e ggs, whites,	1 cup sour milk,
1 cup butter,	1 teaspoon soda,
2 cups sugar,	1 tablespoon cornstarch,
4 cups flour, scant,	Flavor with almond or peach.

Put in pans alternately, 1 spoonful of gold and 1 of silver.

HICKORY NUT CAKE—1.

3 eggs,	1 cup milk,
1 cup sugar,	$\frac{3}{8}$ cup butter,
3 cups flour,	1 cup nut kernels, chopped,
	2 teaspoons baking powder.

Tried and not found wanting.

HICKORY NUT CAKE—2.

5 eggs	2 cups hickory nuts,
2 cups sugar,	3 cups flour,
1 cup butter,	3 teaspoons baking powder,
1 cup milk,	1 teaspoon lemon.

Use more flour if necessary; flour the nuts well; bake in 2 flat loaves, and frost with boiled icing; cut in squares. Each cake will cut into twenty-four good-sized pieces.

HICKORY NUT CAKE—3.

7 eggs, whites,	3 cups flour,
2 eggs, yolks,	1 cup sweet milk,
1 cup butter,	1 teaspoon soda,
2 cups sugar,	2 teaspoons cream of tartar
	1 pint hickory nuts.

Roll the nut meats, sprinkle with flour, beat the whites to a stiff froth. This is rich and excellent.

IMPERIAL CAKE.

9 eggs,	$\frac{1}{2}$ pound raisins,
1 pound sugar,	$\frac{1}{2}$ pound citron,
1 pound butter,	1 lemon, juice and rind,
1 pound flour,	$1\frac{1}{4}$ pounds almonds.

Beat the butter and sugar to a cream, beat the yolks light, add the sugar and butter, then the whites beaten to a stiff froth, and the flour, reserving a part for the fruit, and lastly, the nuts shelled, blanched, cut fine and mixed with fruit and the rest of the flour. This is very delicious and will keep for months.

INDIAN POUND CAKE.

$\frac{3}{4}$ pound sugar,	8 eggs,
$\frac{1}{2}$ pound butter,	4 tablespoons rose-water,
$\frac{1}{4}$ pound flour,	1 teaspoon cinnamon,
9 ounces Indian meal,	1 grated nutmeg.

Mix the flour and Indian meal together. Stir butter and sugar to a cream; beat the eggs light and add to it, then the flour; add the spices and rose-water, beat well. Line pan with paper well buttered and pour in the mixture, or bake it in an earthen mould in a moderate oven.

LADY'S CAKE.

$\frac{1}{2}$ cup butter,	4 eggs, whites,
$1\frac{1}{2}$ cups sugar,	$\frac{1}{2}$ teaspoon soda,
2 cups flour,	1 teaspoon cream of tartar,
1 cup milk, scant,	Flavor with peach or almond.

YELLOW LADY'S CAKE.

1 cup sugar,	4 eggs, yolks,
$\frac{1}{2}$ cup butter,	1 teaspoon soda,
$1\frac{1}{2}$ cups flour,	2 teaspoons cream of tartar,
$\frac{1}{2}$ cup milk,	1 teaspoon vanilla.

LEMON CAKE.

1 pound flour,	$\frac{3}{4}$ pound butter,
1 pound sugar,	7 eggs,
2 lemons, grated rind and juice.	

The sugar, butter, and yolks of eggs must be beaten a long time, adding, by degrees, the flour, and the whites of eggs last. One and a half tumblers of sliced citron may be added. This keeps well.

LINCOLN CAKE.

$\frac{3}{4}$ pound butter,	2 cups sour cream or milk,
1 pound sugar,	1 grated nutmeg,
1 pound flour,	1 teaspoon cinnamon,
$\frac{1}{4}$ pound citron,	1 teaspoon soda,
6 eggs,	1 tablespoon rose-water.

Dissolve the soda in hot water, and stir into the sour cream just before adding the latter to the cake. Cream the butter and sugar, add yolks of the eggs well beaten, then the cream, spice, flour, rose-water, the citron chopped fine, and the beaten whites. Stir well and bake in loaf.

AUNT HETTIE'S LOAF CAKE.

2 cups sugar,	1 pound raisins,
1 cup butter,	2 teaspoons cream of tartar,
5 cups flour,	1 teaspoon soda,
1 cup sweet milk,	4 tablespoons water,
3 eggs,	1 nutmeg.

Sift the cream of tartar into the flour, beat the butter and sugar to a cream, add the beaten yolks, and 3 cups of the flour, then the milk, and mix thoroughly; stir in the well-beaten whites and the rest of the flour alternately, adding the fruit, nutmeg and soda and water last. This makes two loaves, and is excellent.

COCOANUT LOAF CAKE.

$\frac{1}{2}$ pound "A" sugar,	2 gills milk,
$\frac{1}{3}$ pound flour,	$1\frac{1}{2}$ teaspoons baking powder,
$\frac{1}{4}$ pound butter,	2 cups grated cocoanut,
5 eggs,	1 lemon, grated rind and juice.

Sift the baking powder into the flour; mix the butter and sugar to a cream, add the yolks; beat very light; stir in the milk, flour and lemon, then the cocoanut, beating thoroughly, and lastly the whites beaten stiff. Bake in 2 loaves in a moderate oven from 45 minutes to 1 hour. When done, sprinkle grated cocoanut and powdered sugar over them while hot. Must be handled very carefully.

OLD-FASHIONED LOAF CAKE.

3 eggs,	$\frac{1}{4}$ pint molasses,
3 pounds flour,	$\frac{1}{2}$ pint yeast,
$1\frac{1}{4}$ pounds butter,	5 gills milk,
$1\frac{3}{4}$ pounds sugar,	1 teaspoon soda,
2 pounds raisins,	2 teaspoons cinnamon,
2 teaspoons nutmeg.	

Scald the milk, cool to blood-heat, add the yeast, and the flour to which the butter and sugar have been added, mix together, and let rise. The sponge may be set at night, and the other ingredients added in the morning. Let stand till light and put into baking pans. Let rise again and bake in a moderate oven. This recipe makes three large loaves and is a standard, economical loaf cake.

MARBLE CAKE.

White part.

7 eggs, whites,	1 cup butter,
3 cups sugar,	1 cup sour milk,
4 cups flour, sifted and heaping,	1 teaspoon soda,

Flavor to taste.

Dark part.

7 eggs, yolks,	1 cup sour milk,
3 cups brown sugar,	1 tablespoon cinnamon,
1 cup butter,	1 tablespoon allspice,
4 cups flour, sifted and heaping,	1 tablespoon cloves,
1 teaspoon soda.	

Bake $1\frac{1}{2}$ hours. Use coffee cups to measure. This will make one large and one medium cake. The white and dark parts are

alternated, either by putting in a spoonful of white, then of dark or a layer of white and then of dark part, being careful that the cake may be nicely marbled.

ONE-EGG CAKE—1.

1 cup butter,	1 cup sweet milk,
1½ cups sugar,	1 egg,
3 cups flour,	1 teaspoon soda,
1 cup raisins, stoned and chopped,	2 teaspoons cream of tartar.

ONE-EGG CAKE—2.

1 cup sugar,	1 egg,
1 pint flour,	1 teaspoon soda,
Butter, size of an egg,	2 teaspoons cream of tartar,
1 cup milk.	

Can be baked as loaf, or layer cake.

ORANGE CAKE.

4 eggs,	1 cup water,
2 cups sugar,	3 cups flour,
½ cup butter,	2 teaspoons baking powder,
1 orange, grated rind and pulp.	

Reserve 2 of the whites for frosting the top.

PLAIN CAKE.

3 eggs, whites,	½ cup sweet milk,
1 cup sugar,	1½ cups flour,
¼ cup butter,	2 teaspoons baking powder.

PLUM CAKE.

12 eggs,	2 pounds raisins,
1 pound flour,	2 pounds currants,
1 pound sweet butter,	1 pound citron,
1 pound sugar,	Spice to taste.

Mix the sugar and butter as for pound cake, beat the eggs very light. Put in the fruit last; it should be well floured, and if necessary add more flour after the fruit is in. Put a large layer of mixture into the pan, then some slices of citron, then mixture, and so on until full. One-fourth pound of blanched almonds and three or four chopped fine are an improvement. Bake 4 or 5 hours.

CITRON POUND CAKE.

1 pound sugar,	¾ pound butter,
1 pound flour,	1¼ pounds citron, finely shredded,
8 large or 10 small eggs.	

Cream the butter and sugar; add the yolks, flour, and well-whipped whites; put a layer of batter in cake pan and sprinkle thickly with citron, then another layer of batter, etc., till pan is filled. Bake slowly $1\frac{1}{2}$ to 2 hours.

POUND CAKE.

$1\frac{1}{2}$ cups butter,	$1\frac{1}{2}$ pints flour,
2 cups sugar,	1 teaspoon baking powder,
7 eggs,	$\frac{1}{2}$ teaspoon vanilla.

Cream the butter and sugar, add 3 of the eggs, 1 at a time, and the rest, 2 at a time, beating 5 minutes between each addition. Sift the flour and baking powder together and add to the other ingredients. Bake 50 minutes in steady oven.

PYRAMID POUND CAKE.

1 pound sugar,	1 pound flour,
1 pound butter,	10 eggs.

Bake in a dripping pan 1 inch in thickness; cut when cold into pieces $3\frac{1}{2}$ inches long by 2 wide, and frost top and sides; form on the cakestand in pyramid before the icing is quite dry by laying, first in a circle, 5 pieces with a space between them; over the spaces between these, lay 5 other pieces, gradually drawing in the column and crowning the top with a bouquet of flowers.

WHITE POUND CAKE.

1 pound sugar,	1 pound butter,
1 pound flour,	16 eggs, whites,
1 teaspoon baking powder.	

Put in cool oven with gradual increase of heat.

RICE CAKE—1.

1 pound sugar,	9 eggs,
1 pound ground rice,	$\frac{1}{2}$ teaspoon salt,
$\frac{1}{2}$ pound butter,	Rose-water to taste.

Beat the butter and sugar together, add the rose-water, salt and eggs, lastly the rice. Bake in shallow pans.

RICE CAKE—2.

$\frac{1}{2}$ pound sugar,	6 eggs,
$\frac{1}{2}$ pound rice flour,	1 teaspoon vanilla.

Break the eggs on the flour and sugar, whip for one-half hour with the back of a dinner knife; bake 20 minutes in a moderate oven.

RICE SPONGE CAKE.

1 cup white sugar, 5 eggs,
1 cup rice flour; Flavor to taste.

Beat all together 20 minutes, bake one-half hour in a moderate oven.

SCOTCH CAKE.

2 cups butter, 4 cups flour,
1 cup sugar, 2 eggs.

PHIL SHERIDAN CAKE.

16 eggs, whites, 1 cup butter,
4 cups powdered sugar, 1½ cups sweet milk,
5 cups sifted flour, 1 teaspoon soda,
2 teaspoons cream of tartar.

Dissolve the soda in the milk; stir the sugar and butter to a cream, add whites of the eggs beaten to a stiff froth, the flour, then the milk and soda; stir several minutes, and add the cream of tartar and flavoring. This makes a large cake.

SNOW CAKE—1.

½ cup butter, ½ cup sweet milk,
1 cup sugar, 4 eggs, whites,
1½ cups flour, 1 teaspoon baking powder,
Flavor with lemon.

SNOW CAKE—2.

10 eggs, whites, 1 cup flour,
1½ cups powdered sugar, 1 teaspoon cream of tartar,
Flavor to taste.

Beat the whites to a stiff froth, sift the sugar lightly over them, and stir well, add the flour and cream of tartar sifted together, and flavor.

SNOWBALL CAKE.

1 cup white sugar, 1 teaspoon baking powder,
⅔ cup butter, Flour,
½ cup sweet milk, Flavor with lemon,
3 eggs, whites, A little citron sliced very thin.

Cream the butter and sugar, add the milk gradually, stirring well, then the whites, beaten stiff; sift the baking powder into 1 cup of flour and stir in slowly, then the citron and flavoring, and enough more flour to make nearly as stiff as plain cake. Bake in 1 loaf,

SODA CAKE.

1 cup sugar,	1 pint flour,
1 cup milk,	} 1 teaspoon soda,
2 eggs,	
Butter, size of an egg,	2 teaspoons baking powder,
Lemon to taste.	

SPICE CAKE—1.

4 coffee cups flour,	3 pounds seedless raisins,
2½ coffee cups sugar,	1 pound butter,
2 coffee cups sweet milk,	1½ pounds citron,
6 eggs,	3 teaspoons cinnamon,
3 teaspoons baking powder,	2 teaspoons mace.

SPICE CAKE—2.

2 eggs,	5½ cups flour,
1 cup sugar,	1 teaspoon ginger,
1 cup molasses,	1 teaspoon cinnamon,
1 cup butter,	1 teaspoon cloves,
1 cup sweet milk,	1 teaspoon soda,
1½ cups raisins,	Pinch of salt,
1½ cups currants,	Flavor with lemon,

Some finely chopped citron.

The raisins should be stoned, and both raisins and currants dredged with flour before being added to the cake.

BEST SPONGE CAKE.

6 fresh eggs,	2 teaspoons baking powder,
3 teacups granulated sugar,	¼ teaspoon salt,
4 teacups flour,	1 teaspoon lemon, or
1 teacup cold water,	1 lemon, juice, and ½ the rind.

Beat the eggs very light, add the sugar and beat until white and foamy; then add 2 cups sifted flour and mix well; stir in the cold water and the other 2 cups of flour in which the baking powder and salt are sifted. Add the flavoring last and mix thoroughly.

FIVE MINUTE SPONGE CAKE.

3 eggs,	3 tablespoons water,
1 cup sugar,	1 teaspoon baking powder,
1 cup flour,	Vanilla or lemon.

OLD-FASHIONED SPONGE CAKE.

12 eggs,	Weight of eggs in sugar,
Flavor to taste,	½ weight eggs in flour.

SPONGE CAKE—1.

12 eggs, whites, $\frac{1}{2}$ pound flour,
 10 eggs, yolks, 1 teaspoon salt,
 1 pound granulated sugar, 2 teaspoons cream of tartar.

Beat the yolks until thick and smooth, then add the sugar by degrees, and beat 15 minutes; then lightly stir in the whites, previously beaten to a stiff froth, and lastly the flour with which the salt and cream of tartar have been sifted. Bake in a slow oven, until the cake leaves the sides of the pan. Much depends on the baking. This is a perfect sponge cake.

SPONGE CAKE—2.

3 eggs, $\frac{1}{2}$ cup cold water,
 $1\frac{1}{2}$ cups powdered sugar, 1 teaspoon soda,
 2 cups sifted flour, 2 teaspoons cream of tartar,
 1 lemon, grated rind and $\frac{1}{4}$ of juice.

SPONGE CAKE—3.

10 eggs, 1 pound flour,
 1 pound sugar, Flavor with lemon.

Stir yolks of the eggs and sugar till perfectly light; beat the whites and add them with the flour after beating together lightly; flavor. 3 teaspoons baking powder in the flour will add to its lightness, but it never fails without. Bake in a moderate oven.

WHITE SPONGE CAKE.

2 cups powdered sugar, 14 eggs, whites,
 2 cups flour, Lemon juice,
 Cream of tartar.

Sift the flour and sugar together and beat them into the stiff whites, add a pinch of cream of tartar, and the juice of 1 lemon just before baking. This makes 3 loaves. Bake in a moderate oven. If preferred add, instead of lemon juice, 1 cup cocoanut. This recipe can be made regular sponge cake by using the yolks of the eggs, and is very nice.

TEN-MINUTE CAKE.

$\frac{1}{4}$ pound butter, 1 pound sugar, little less,
 1 pound flour, little less, 6 eggs,
 Flavor with mace.

Bake in muffin rings.

TILDEN CAKE.

1 cup butter,	$\frac{1}{2}$ cup cornstarch,
2 cups powdered sugar,	4 eggs,
1 cup sweet milk,	2 teaspoons baking powder,
3 cups flour,	2 teaspoons lemon extract.

TIN WEDDING CAKE.

1 cup butter,	5 eggs,
3 cups sugar,	$\frac{1}{2}$ teaspoon soda,
1 cup milk,	1 teaspoon cream of tartar,
4 cups flour,	$\frac{1}{4}$ pound citron.

This makes two loaves.

WATERMELON CAKE.

White part.

2 cups powdered sugar,	5 eggs, whites,
$\frac{3}{8}$ cup butter,	3 cups flour,
$\frac{3}{8}$ cup sweet milk,	2 $\frac{1}{2}$ teaspoons baking powder.

Red part.

$\frac{1}{8}$ cup butter,	2 cups flour,
1 cup red sugar,	5 eggs, yolks,
$\frac{1}{8}$ cup milk,	3 teaspoons baking powder,
	$\frac{1}{2}$ pound raisins, whole.

Put the red batter in centre of the pan, and the white around the outside.

WEDDING CAKE—1.

1 pound sugar,	1 large tumbler molasses,
1 pound butter,	3 tablespoons cinnamon,
1 $\frac{1}{4}$ pounds flour,	2 tablespoons cloves,
2 pounds raisins,	2 tablespoons allspice,
2 pounds currants,	$\frac{1}{3}$ teaspoon mace,
1 pound citron,	1 nutmeg,
12 eggs,	$\frac{1}{2}$ cup hot water,

1 teaspoon soda.

Dissolve the soda in the hot water; beat the eggs very light, yolks and whites separately; cream the butter and sugar together; sift the flour several times; seed the raisins; wash and dry the currants; slice the citron thin; flour all the fruit; grate the nutmeg, and mix all the spices with a little of the flour to prevent their getting in lumps. Beat all together very thoroughly, adding a little of the flour at a time, and bake in a slow oven 4 hours. This will keep for years. It is better in two months than when fresh. When wanted for use, overlay with boiled ice.

WEDDING CAKE—2.

50 eggs,	10 pounds currants,
5 pounds sugar,	1 pint sweet jelly,
5 pounds flour,	$\frac{1}{4}$ ounce cloves,
5 pounds butter,	1 ounce cinnamon,
15 pounds raisins,	4 ounces mace,
3 pounds citron,	4 ounces nutmeg.

This makes forty-three and one-half pounds, keeps twenty years, and is unequaled.

QUICK WEDDING CAKE.

10 cups sifted flour,	$\frac{1}{2}$ teaspoon soda,
6 cups sugar,	3 teaspoons mace and nutmeg mixed,
4 cups butter,	2 pounds seeded raisins,
3 cups milk,	1 pound currants,
8 eggs,	1 gill rose-water.

Rub the butter and sugar to a cream, add the well-beaten yolks ; dissolve the soda in a little of the milk, warm the remainder to the temperature of new milk, and add with the flour and beaten whites, then the spices, fruit, and lastly the soda. Bake 2 hours in a moderate oven.

WHIPPED CREAM CAKE.

1 cup sugar,	2 teaspoons butter,
2 eggs,	4 tablespoons milk,
1 cup flour.	1 teaspoon cream of tartar,
	$\frac{1}{2}$ teaspoon soda.

When the cake is cool have ready one-half pint sweet cream whipped to a stiff froth, sweeten and flavor to taste, spread over the cake and serve while fresh. The cream will froth easier if made cold by setting on ice before whipping.

WHITE PERFECTION CAKE.

3 cups sugar,	$\frac{1}{2}$ cup cornstarch,
1 cup butter,	12 eggs, whites,
1 cup milk,	1 teaspoon soda,
3 cups flour,	2 teaspoons cream of tartar,
	Flavor.

Cream the butter and sugar together, add the cornstarch dissolved in one-half the milk, the soda dissolved in the rest of the milk, then the flour and cream of tartar sifted together, the well-beaten whites, and flavor.

WHITE CAKE.

2 cups sugar,	1 cup sweet milk,
2 cups flour,	6 eggs, whites,
$\frac{3}{4}$ cups butter,	3 teaspoons baking powder.

Flavor to taste.

Frost with yellow frosting.

WONDER CAKE.

3 eggs,	$1\frac{1}{2}$ cups raisins,
3 cups flour,	$1\frac{1}{2}$ cups currants,
$1\frac{1}{2}$ cups sugar,	$\frac{3}{4}$ cup boiled cider or sweet milk,
1 cup butter,	1 teaspoon soda,
	2 teaspoons cream of tartar.

The longer this cake is kept the better it is.

YELLOW CAKE.

1 cup sugar,	1 cup sweet milk,
2 cups flour,	2 teaspoons baking powder,
$\frac{1}{2}$ cup butter,	5 eggs, yolks,
	1 egg, white.

Bake in long tins, cut in squares and frost all over, and in the center of each square place a marsh mallow. Season with pineapple or rose.

LAYER CAKES.

The pans used in baking layer cakes must be very thoroughly greased, but not left oily, to ensure their clean removal from the cake; and the oven should be hotter than for loaves of cake, but of even temperature.

If jelly is used to spread between the layers, it is a good plan to beat it smoothly and spread it before the cakes are quite cool. In "building," an inverted jelly tin furnishes a perfectly level surface on which to lay and spread the cake, and it may be allowed to remain on it until perfectly cold, when it should be set away in a tin cake-box, in a cool place. In cutting, it is better to first make a round hole in the centre, with a knife, or a tin tube, about an inch and a quarter in diameter. This prevents the edge of the cake from crumbling in cutting. In making the custard or filling for layer cake, cook in a double boiler or in a pail set in boiling water.

ALMOND CAKE.

2 cups sugar,	1 cup cornstarch,
$\frac{3}{4}$ cup butter,	6 eggs, whites,
1 cup sweet milk,	1 teaspoon soda,
2 cups flour,	2 teaspoons cream of tartar.

Mix the flour, cornstarch and cream of tartar well together, dissolve the soda in the milk, cream the butter and sugar, add the milk gradually, then the whites of the eggs with the flour, and bake in jelly tins.

Filling.

2 eggs,	2 pounds almonds,
$1\frac{1}{2}$ cups sugar,	1 tablespoon vanilla.

Blanch the almonds and pound fine in a mortar, or a cloth; beat whites and yolks of the eggs together lightly, add the sugar, then the almonds, and vanilla.

ALMOND CREAM CAKE.

10 eggs, whites,	1 goblet flour,
$1\frac{1}{2}$ goblets powdered sugar,	1 teaspoon cream of tartar, heaping.

Mix the cream of tartar with the flour; sift the sugar into the well-beaten whites, then the flour and cream of tartar, stir very gently; bake in jelly pans.

Cream.

$\frac{1}{2}$ pint sweet cream,	1 teaspoon cornstarch,
3 eggs, yolks,	1 tablespoon powdered sugar,
	1 pound almonds.

Dissolve the starch smoothly with a little milk, add the beaten yolks and sugar; boil the cream, and stir in these ingredients; blanch and chop fine a half pound almonds and stir into the cream. Put together like jelly cake while icing is soft, and stick in a half pound of almonds split in two.

BANANA CAKE.

6 eggs,	1 cup flour,
1 cup butter,	1 cup cornstarch,
1 cup sugar,	1 cup milk,
	3 teaspoons-baking powder.

Bake in layers, and while warm place sliced bananas between. Ice and eat while fresh. Enough for two cakes.

CARAMEL CAKE.

$\frac{1}{2}$ cup butter,	$\frac{1}{2}$ cup sweet milk,
1 cup powdered sugar,	4 eggs, whites,
$1\frac{1}{2}$ cups flour,	1 teaspoon baking powder.

Bake in layers.

Filling.

$3\frac{1}{2}$ cups C. sugar,	$\frac{3}{4}$ cup cream,
1 tablespoon melted butter.	

The particular part is in making and applying the filling or caramel. Boil all together in a clean smooth skillet, stirring only a little to prevent scorching. To ascertain when it is cooked enough, let a drop fall into a cup of cold water; when it rubs to a pasty condition between thumb and finger, take from the fire and stir to the consistency of very thick molasses, when it may be placed between the layers and over the top and sides, forming a most delicious cake.

CHOCOLATE CARAMEL CAKE.

$1\frac{1}{2}$ cups sugar,	$2\frac{1}{4}$ cups flour,
$\frac{3}{4}$ cup butter,	3 eggs,
$\frac{1}{2}$ cup milk,	2 teaspoons baking powder,

Bake in jelly tins.

Caramel.

1 pint brown sugar,	$\frac{1}{2}$ cake chocolate,
$\frac{1}{2}$ cup milk or water,	Butter size of an egg.

Boil 20 minutes, or until thick enough, and spread between the cakes while warm. For the frosting of top of cake use:

2 eggs, whites,	1 teaspoon vanilla,
$1\frac{1}{2}$ cups sugar,	3 teaspoons grated chocolate, heaping.

CHOCOLATE CAKE.

2 cups sugar,	4 cups sifted flour,
1 cup butter,	2 teaspoons baking powder,
1 cup milk,	5 eggs.

Reserve 3 of the whites for frosting. Bake in 3 layers in deep jelly tins.

Frosting.

$1\frac{1}{2}$ cups powdered sugar,	2 teaspoons vanilla,
6 tablespoons grated chocolate,	3 eggs, whites.

DELICIOUS CHOCOLATE CAKE.

8 eggs, whites,	3 cups flour, large,
2 cups sugar,	1 cup sweet milk,
1 cup butter,	3 teaspoons baking powder,
	1 cake sweet chocolate.

Beat the butter to a cream, stir in the sugar, and beat until light; add the milk, flour, and beaten whites. When well beaten, divide into equal parts, and into one half grate the chocolate. Bake in layers, spread with custard, and alternate the white and dark cakes.

Custard.

2 eggs,	1 tablespoon butter,
1 cup sugar,	2 teaspoons cornstarch,
1 pint milk,	Flavor with vanilla if desired.

Let the butter and milk come to a boil, add the eggs and sugar beaten together, the cornstarch dissolved in a little milk, and lastly, the flavoring.

NOVEL CHOCOLATE CAKE.

1 cup sugar,	$\frac{1}{2}$ teaspoon soda,
$\frac{1}{2}$ cup butter,	1 teaspoon cream of tartar,
$\frac{3}{8}$ cup sweet milk,	$\frac{1}{2}$ teaspoon cinnamon,
$1\frac{1}{2}$ cups flour,	$\frac{1}{2}$ teaspoon cloves,
3 eggs,	$\frac{1}{2}$ cake sweet German chocolate.

Grate the chocolate and stir it into the milk. Mix the spices, cream of tartar, and soda in the flour. Stir the ingredients all together thoroughly, and bake in 3 layers which are to be put together with plain white frosting. Frost the top of the cake.

COCOANUT CAKE—1.

2 cups powdered sugar,	$3\frac{1}{2}$ cups flour,
$\frac{3}{4}$ cup butter,	1 teaspoon soda,
1 cup sweet milk,	2 teaspoons cream of tartar,
	6 eggs, reserving 2 whites.

Bake in jelly pans.

Icing.

2 eggs, whites,	1 cup powdered sugar, small,
	1 cocoanut, grated.

Beat the whites stiff, add the sugar, then the grated cocoanut, and spread evenly on the layers when cold.

CREAM CAKE.

3 eggs,	$\frac{1}{2}$ cup milk,
$1\frac{1}{2}$ cups sugar,	1 teaspoon baking powder,
$\frac{1}{2}$ cup butter,	Flour to make of usual consistency.

Cream.

1 cup sugar,	1 egg,
1 cup milk,	2 teaspoons cornstarch,
	2 teaspoons vanilla.

FRENCH CREAM CAKE.

1 cup white sugar,	3 eggs,
$1\frac{1}{2}$ cups flour,	2 tablespoons cold water,
	1 teaspoon baking powder.

This is enough for 2 cakes baked in pie pans, to be split while warm, and spread with the hot custard, or for 4 cakes baked in jelly pans, with the hot custard spread between them, the latter being the preferable plan.

Custard.

1 pint milk, large,	2 eggs,
1 cup sugar, small,	1 teaspoon vanilla,
$\frac{1}{2}$ cup butter,	2 tablespoons cornstarch.

Dissolve the cornstarch in a little of the milk; heat the rest of the milk; when boiling, add the sugar, cornstarch, and beaten eggs, stirring briskly; add the butter, stir till dissolved, flavor, and spread on the cakes while hot. This can be used as a pudding by pouring over each piece a spoonful of the custard that is left.

GOLDEN CREAM CAKE.

1 cup sugar,	$1\frac{1}{2}$ cups flour.
$\frac{1}{4}$ cup butter,	3 eggs, whites.
$\frac{1}{2}$ cup milk,	1 teaspoon baking powder.

Bake in deep jelly tins, and spread with either of the following creams:

Cream—1.

2 eggs, yolks,	Vanilla to taste,
1 cup sugar,	2 tablespoons rich, sweet cream.

Beat the yolks very light, add the sugar, then the cream, and flavor with vanilla.

Cream—2.

2 eggs, yolks,	$1\frac{1}{2}$ tablespoons cornstarch,
$\frac{3}{4}$ cup milk,	Small lump butter,

Sweeten to taste.

Cook in a custard kettle till thick, let cool, and spread.

CREAM PUFFS.

1 cup butter,	$\frac{1}{2}$ pint boiling water,
$1\frac{1}{2}$ cups flour,	6 eggs.

Heat the butter and water ; when boiling, add flour, stirring till smooth ; cool, and beat thoroughly into it the well-beaten eggs. Drop on warm greased tins, a tablespoon in a place, leaving space between to prevent touching ; brush over with the white of an egg, and bake in a quick oven, 10 or 15 minutes. When cold, open at the sides and fill with custard.

Custard.

1 quart boiling milk,	5 eggs,
3 tablespoons cornstarch,	Vanilla,
A little sugar.	

Dissolve the cornstarch in a little cold water, add to the boiling milk, and boil 3 minutes, stirring all the time ; beat it into the well-beaten eggs, sweeten to taste and return to the fire for a few moments, but do not boil. Flavor and use as directed.

DIXIE CREAM PUFFS.

$1\frac{1}{2}$ cups white sugar,	5 eggs,
$1\frac{1}{2}$ cups sifted flour,	2 teaspoons baking powder.

Beat yolks and whites separately: bake in teacups, filling one-half full.

Cream.

2 eggs,	1 large tablespoon cornstarch,
1 pint milk,	Butter size of a large walnut,
$\frac{1}{2}$ cup sugar,	Flavor with lemon or vanilla.

Beat the yolks and whites separately, heat the milk, and when boiling, add the sugar, the cornstarch dissolved in a little milk, yolks, butter, and lastly the flavoring. When done cut the cakes open, put in a spoonful of the cream, place together again, roll in the whites, and then in granulated sugar.

CARAMEL CUP CAKE.

4 eggs,	1 cup sweet milk,
2 cups sugar,	1 cup butter,
3 cups flour,	2 teaspoons baking powder.

Bake in layers.

Caramel.

1 cup butter,

1 cup white sugar,

 $\frac{1}{2}$ cup cream.

Put sugar in a hot skillet. Do not stir until it melts and sinks, then stir into it the butter and cream, and let remain on the fire until quite thick. Let it become cool before spreading between the layers.

DOMINOES—1.

Use any good recipe for sponge cake, bake in long pie tins; two such tins will make twelve dominoes, and if no more are required, the rest of the batter may be baked in a loaf. The batter in the pie tins should not be more than one-third of an inch deep; spread it evenly, and bake in a quick oven. Have a brown paper nearly twice the size of the cake on the table, and the moment one of the cakes comes from the oven turn it upside down in the center of the paper, spread it with a thin layer of jelly, and lay the other cake on it upside down; cut with a hot, sharp knife lengthwise, directly through the center, then divide across in 6 equal parts, push them with the knife about an inch apart, and ice with ordinary white icing, putting a large dessertspoonful on every piece; the heat of the cake will soften it, and with a little help the edges and sides will be smoothly covered. All of the icing that runs over on the paper may be carefully taken up and used again. It must then dry, which it will do very quickly. Make a horn of stiff white paper, about 5 inches long, $1\frac{1}{2}$ inches across the top, and one-eighth of an inch at the other end; put in it a dessertspoon of dark chocolate icing, close the horn at the top, and pressing out the icing from the small opening, draw a line of it across the centre of every cake, and make spots like those on ivory dominoes; keep the horn supplied with icing.

DOMINOES—2.

 $\frac{1}{2}$ cup butter,

1 cup sweet milk,

1 cup sugar,

4 eggs, whites,

 $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons baking powder,

Flavor with vanilla.

Bake in long tin, about $1\frac{1}{4}$ inches in thickness when baked, then make a boiled white frosting and cover the cakes. When

cold, cut pieces the size you want the dominoes to be. Make a horn of stiff white paper and proceed as in recipe for dominoes—
No. 1.

FIG CAKE—1.

White part.

2 cups sugar,	$\frac{3}{8}$ cup sweet milk,
$\frac{3}{8}$ cup butter,	8 eggs, whites,
3 cups flour,	3 teaspoons baking powder.

Bake in 2 long pie tins.

Gold part.

$\frac{3}{4}$ cup butter,	8 eggs, yolks,
1 cup sugar,	1 egg, white,
$1\frac{1}{2}$ cups flour, large,	$1\frac{1}{2}$ teaspoons baking powder,
$\frac{1}{2}$ cup sweet milk,	1 pound figs,
1 teaspoon allspice,	Cinnamon to taste.

Put one-half the gold in a pie tin, and lay on the halved figs, previously sifted over with flour, so they will just touch each other; add the rest of the gold, and bake. Put the cakes together with frosting while warm, the gold between the white ones, and cover with frosting.

Or, bake each cake in 2 layers and pile alternately with the figs, sliced, between them.

FIG CAKE—2.

1 cup sugar,	2 cups sifted flour,
$\frac{1}{2}$ cup butter,	4 eggs, whites,
$\frac{1}{2}$ cup milk,	3 teaspoons baking powder.

Bake in layers.

Filling.

1 cup sugar,	— 1 pound figs,
Water enough to dissolve sugar.	

Dissolve the sugar in water and when boiling hot, add the figs, which have been looked over and cut fine; boil three-quarters of an hour, taking care it does not burn. Put between the cakes, and frost the top.

HICKORY-NUT CAKE.

2 cups sugar,	3 cups flour,
$\frac{1}{2}$ cup butter,	5 eggs, whites,
1 cup sweet milk,	2 teaspoons baking powder,
	$\frac{1}{2}$ cup nuts.

Beat the sugar and butter to a cream, beat whites of the eggs to a stiff froth, and cut the nut kernels into small pieces before mixing all together.

Icing.

2 eggs, whites, $\frac{1}{2}$ cup powdered sugar, large,
1 cup whole nut kernels.

Beat the whites to a stiff froth, and add the sugar. Spread it on the first layer, then stick whole hickory nut kernels all over it. Add the second layer and proceed the same way. The icing should be put on the top layer without the kernels.

The nuts may be left out of the cake, and the layers put together with custard.

Custard.

2 eggs, 1 pint boiling milk,
 $\frac{1}{2}$ cup sugar, 1 tablespoon corn starch,
2 cups hickory nut meats.

To the boiling milk, add the cornstarch dissolved in a little milk, the beaten eggs, sugar, and nuts, chopped fine; mix well together and take from stove when it thickens; put between the cakes while cakes and custard are both warm.

ICE CREAM CAKE.

$\frac{1}{4}$ pound butter, $\frac{1}{2}$ pint milk,
 $\frac{1}{2}$ pound flour, 6 eggs,
 $\frac{1}{4}$ pound powdered sugar, 4 tablespoons rose-water.

Bake quickly in iron gem pans. They raise light with hollow center. When cold, cut a round hole in top as you would "plug" a melon, fill with ice cream just before serving, so that it will not have time to melt.

JELLY CAKE.

1 egg, 2 tablespoons milk,
 $\frac{1}{2}$ cup sugar, 2 teaspoons cream,
1 cup flour, 1 teaspoon baking powder.

Bake in layers and put together with jelly.

ROLLED JELLY CAKE—1.

12 eggs, $\frac{3}{4}$ pound flour,
1 pound powdered sugar.

Beat the eggs and sugar together very lightly, then stir in the flour, making batter as light as for sponge cake, and thin enough to spread nicely when poured; make up as quickly as possible.

Have pans about 12 by 18 inches and 1 inch deep, lined with thin brown paper, using no grease on pan or paper; pour in batter, spread out with a knife as thin as possible, about one-half inch thick, and bake. When done, remove from oven, let cool a few minutes, and while still warm, but not hot, turn out of pan upside down. With a brush or soft cloth wet in cold water, brush over the paper and pull it off; spread cake thin with jelly and roll it up, being careful to place the outer edge of roll against something so that it will not unroll until cold. Sprinkle with powdered sugar and slice. If baked in pans such as are described above, the recipe will make two rolls, each twelve inches long, which should be cut in two, making four rolls. Use no baking powder, as it makes the cake too brittle. The paper lining should be larger than pan, to lift out the cake by taking hold of the projecting edges. This never fails.

ROLLED JELLY CAKE—2.

4 eggs,	1 cup flour,
1 cup sugar,	2 teaspoons baking powder,
	Pinch of salt.

Add the salt to the eggs, beat very light and add the sugar; sift flour and powder together and stir in lightly. The batter should be thin. Pour into long, well-greased pans just enough to cover the bottom. If the cake rises unevenly, turn the pan in the oven. When done, let cool a little, turn out on paper or a board, spread with jelly and roll up. If the jelly is stiff, set on the hearth to warm while the cake is baking.

LADY FINGERS.

1½ pounds flour,	1 teaspoon baking powder,
1 pound powdered sugar,	10 eggs.

Sift the baking powder into the flour, beat the eggs and sugar as light as for sponge cake, sift in the flour and stir slowly. Push from a confectioner's syringe or paper tube into a pan lined with light brown paper, not buttered, making each about a finger long, and about as thick as a lead pencil, being careful not to get them too wide. Sprinkle with granulated sugar, bake in a quick oven, and, when cool, wet the under side of the paper with a brush, remove and stick the fingers together, back to back.

Or, drop in small spoonfuls on buttered paper, a little distance apart; try one and if it runs beat more, and add a little more flour. When nearly cool dip in chocolate icing,

LEMON CAKE.

1½ cups sugar,	5 eggs,
1 cup butter,	4 teaspoons sweet milk,
2½ cups flour,	½ teaspoon soda,
1 teaspoon cream tartar.	

Lemon Jelly.

1 coffee cup sugar,	2 eggs,
2 tablespoons butter,	2 lemons, juice only.

Beat all together and boil until the consistency of jelly. For orange cake use oranges instead of lemons.

METROPOLITAN CAKE.

2 cups sugar,	4 cups flour, nearly,
1 cup butter,	8 eggs, whites,
1 cup milk,	3 teaspoons baking powder,
Flavor with lemon.	

Bake a little more than three-fifths of this mixture in 3 jelly tins. To the remaining batter add:

1 teaspoon cloves,	1½ tablespoons cinnamon,
1 tablespoon allspice,	¼ pound sliced citron,
¼ pound chopped raisins.	

Bake in 2 jelly tins and put together with frosting, alternating dark and light layers.

MINNEHAHA CAKE.

1½ cups sugar,	6 eggs, whites, or
¼ cup butter,	3 eggs,
¼ cup milk,	1 teaspoon soda,
2 cups sifted flour, heaping,	2 teaspoons cream of tartar.

Bake in 3 layers.

Filling.

1 egg, white,	A little water,
1 cup sugar,	1 cup stoned raisins,

Or, 1 cup hickory nut meats.

Boil the sugar in enough water to dissolve it, until it is brittle when dropped in cold water, remove from stove and stir quickly into the well-beaten white, add the raisins, or hickory nuts, chopped fine, and place between the layers and over the top.

NEAPOLITAN CAKE.

Dark Part.

2 eggs,	1 cup raisins,
1 cup brown sugar,	1 cup currants,
$\frac{1}{2}$ cup molasses,	1 teaspoon soda,
$\frac{1}{2}$ cup butter,	1 teaspoon cinnamon,
$\frac{1}{2}$ cup strong coffee,	1 teaspoon cloves,
$2\frac{1}{2}$ cups flour,	1 teaspoon mace.

White Part.

2 cups white sugar,	$2\frac{1}{4}$ cups flour,
$\frac{1}{2}$ cup butter,	1 cup cornstarch,
1 cup milk,	4 eggs, whites,
1 small teaspoon cream of tartar.	

Bake in layers and put together with frosting, alternating dark and light.

ONE EGG CAKE.

1 cup sugar,	1 large egg,
1 cup flour, large,	1 teaspoon baking powder,
$\frac{1}{2}$ cup milk,	1 heaping tablespoon butter.

Bake in 3 layers, putting together with jelly, or any filling preferred.

ORANGE CAKE.

2 cups sugar,	$\frac{1}{2}$ cup milk,
$\frac{1}{4}$ cup butter,	3 eggs,
$3\frac{1}{2}$ cups sifted flour,	3 teaspoons baking powder.

Bake in jelly tins and put together with either of the following fillings :

Orange Jelly.

2 cups sugar,	2 tablespoons cold water,
2 oranges,	2 eggs.

Stir together the cold water, sugar, and the juice and grated rind of the oranges ; set over a pot of boiling water and when scalding hot, add the yolks of the eggs well beaten and just before taking from the fire stir in the white of 1 egg slightly beaten ; when cold, put between the layers of cake. Frost the top with the other white.

Orange Filling.

1 cup powdered sugar, large,	1 egg,
2 large, or 3 small oranges.	

Mix the yolk of the egg, sugar, and juice together; beat the whites to a stiff froth, stir in and spread between the layers.

RIBBON CAKE.

2½ cups sugar,	4 cups flour,
1 cup butter,	4 eggs,
1 cup milk,	½ teaspoon soda,
1 teaspoon cream tartar.	

Reserve one-third of this mixture, and bake the rest in 2 loaves of the same size. Add to third reserved,—

1 cup raisins,	¼ pound citron,
1 cup currants,	2 tablespoons molasses,

Spices to taste.

Bake in a tin the same size as other loaves; put the 3 loaves together with a little icing or currant jelly, placing the fruit loaf in the middle; frost the top and sides.

VELVET SPONGE CAKE.

2 cups sugar,	2 teaspoons baking powder,
2½ cups flour,	1 teaspoon lemon,
1 cup boiling water,	6 eggs, reserving 3 whites for icing.

Beat the yolks a little, add the sugar and beat 15 minutes; add the 3 beaten whites, and the boiling water just before the flour; flavor, and bake in 3 layers, putting icing between them.

Icing.

3 eggs, whites,	Flavor with lemon,
6 dessertspoons powdered sugar.	

WHITE MOUNTAIN CAKE.

½ cup butter,	2½ cups flour,
½ cup milk,	8 eggs, whites,
2 cups powdered sugar,	2½ teaspoons baking powder,
Flavor.	

Bake in jelly tins and put together with icing. Sprinkle each layer thickly with grated cocoanut and a handsome cocoanut cake will result.

WONDER CAKE.

1 cup sugar,	1 teaspoon baking powder,
1½ cups sifted flour,	7 eggs.

Beat thoroughly the whites of eggs, adding sugar, and mix the ingredients with about one-half cup of hot water. Bake in 3 small pans.

FILLINGS FOR LAYER CAKE.

APPLE JELLY.

1 large tart apple, 1 egg,
1 cup sugar, 1 lemon, juice and rind.

Grate the apple and the rind of the lemon, add the other ingredients and boil the jelly about 5 minutes.

CINNAMON JELLY.

2 eggs, yolks, 2 tablespoons sugar,
1 level tablespoon cinnamon.

COFFEE FILLING.

1 tablespoon cream, 2 eggs,
2 heaping tablespoons cornstarch, $\frac{1}{2}$ cup sugar,
1 cup strong black coffee.

Add the cream and sugar to the coffee, and heat; when boiling hot add the cornstarch dissolved in a little cold coffee, and let boil 3 minutes. Then pour slowly over the well-beaten eggs and stir rapidly. If not thick enough set over boiling water and stir till the eggs set a little, but not long enough to curdle. Spread between the layers and ice with Coffee Icing. Use Mocha and Java coffee mixed.

ICE CREAM FILLING.

1 pound almonds, Sugar to sweeten,
1 pint thickest sweet cream, Flavor with vanilla.

Beat the cream until it looks like ice cream, make very sweet, and flavor; blanch and chop the almonds, stir into the cream, and put very thick between each layer.

PEACH FILLING.

Cut peaches in thin slices, prepare cream by whipping, sweetening and adding flavor of vanilla if desired, put layers of peaches between the sheets of cake, pour cream over each layer and over the top. This may also be made with ripe strawberries.

WHIPPED CREAM FILLING.

Use any recipe for nice layer cake, and put the parts together with whipped cream.

ICING.

Keep the eggs in a very cold place. Break the whites on to a platter or large shallow dish. Allow one small cup or one-third pound of powdered sugar to the white of an egg. Beat the whites thoroughly before adding, gradually, the sugar. The length of time required for beating depends on the coldness and freshness of the eggs. Some experienced cooks advise putting the sugar directly into the whites and beating all together. It is claimed, icing so made does not crumble easily. If a soft icing is desired add one-fourth pound of sugar, or ten teaspoons of sugar and one of cornstarch to the white of each egg. Cake can be iced while warm ; in the case of fruit cake, it is better to leave it until within a few hours before wanted, as icing will turn yellow by standing. Allow the whites of two eggs for a large cake. Remove the loose particles from the cake with a cloth, and dust with flour. Flavor icing just before using ; if lemon juice is preferred, extra sugar will be needed for the additional liquid. To color icing, use either cochineal, a red jelly or strawberry syrup for a pink, strong coffee for amber, and the strained juice of an orange, in which has been soaked the rind, for a delicate yellow. There are fruit syrups and powders which give almost any color desired. Powdered or confectioner's sugar should always be used except for boiled icing ; for that the granulated is better. Remember to beat the eggs entirely in one direction, that is, from left to right, or right to left ; do not change the order while beating. It is as important here as in cake making.

Put the cake on a smooth, flat surface, where it can be undisturbed, with a layer of clean white paper under it. Drop a large spoon of icing on the center of the cake, and spread smoothly with a knife dipped in hot water to prevent sticking. Work as rapidly as possible to do it well. When finished set the cake in a cool place to harden. It is nice, when the frosting is almost cold, to take a knife and mark the cake in slices. Any ornaments, such as gum drops, candies, orange flowers or ribbons should be put on while the icing is moist. When dry ornament with piping, which is a stiff icing squeezed through a paper funnel, and may be tinted with colored sugars.

ALMOND ICING.

$\frac{3}{4}$ pint powdered sugar, 3 eggs, whites,
 $\frac{1}{2}$ pint sweet almonds, 1 teaspoon lemon or vanilla.

Blanch the almonds by putting them in boiling water, stripping off the skins, and spreading upon a dry cloth until cold; pound a few of them at a time in a mortar till well pulverized; mix carefully the whites of the eggs and sugar, add almonds, flavor, and dry in a cool oven or in the open air when weather is pleasant.

BOILED ICING.

3 eggs, whites, 4 tablespoons hot water,
 1 large cup sugar.

Boil the sugar and water briskly for 5 minutes, or until it threads when dropped from the end of the spoon. Then, with left hand, pour the boiling syrup upon the beaten whites in a small stream, while beating hard with right hand. This is an excellent frosting. If preferred, add one-half pound sweet almonds blanched and pounded to a paste, or 1 cup of hickory nut meats, chopped fine, and it will be perfectly delicious. This amount will frost the top of two large cakes.

BOILED ICING FOR LAYER CAKE.

4 eggs, whites, $\frac{1}{2}$ pint boiling water,
 4 cups sugar, 1 teaspoon cream tartar,
 1 teaspoon vanilla.

Boil the sugar and water till clear as syrup and pour over the whites beaten stiff; stir until it is a stiff cream; add cream tartar and vanilla. This is nice for filling.

BOILED ICING WITHOUT EGGS.

$\frac{1}{2}$ cup milk, 1 teaspoon butter,
 1 cup sugar, 1 teaspoon vanilla.

Boil all 10 minutes, or till a little thick, and spread on cake.

BOILED ICING WITH RAISINS.

1 cup sugar, 4 tablespoons water,
 $\frac{3}{8}$ cup raisins, stoned, and chopped fine, 1 egg, white.

Boil the sugar and water till it will thread from the spoon; pour on to the beaten egg, and work with an egg beater till thick enough to spread on the cake. Take out enough for the top layer, and with the rest mix the raisins; spread between the layers.

icing, but it will be perfectly smooth and glossy. When spread on the cake it should be warm, if it is the first coat. Many cake bakers, however, make a simpler icing, to be applied when the cake is a little warm, not hot, and then use a confectioners' icing when this first coat is cold and firm. The ornamental work on these cakes is done by the use of pastry tubes and a confectioners' rubber bag, and is usually the work of some one who has made this his business. It requires patience and practice in order to learn how to decorate cake tastefully.

This recipe is sure to produce perfect results, but it requires great care in the preparation. Much of the fancy icing is made of sugar so much adulterated that all the flavor of the sugar is lost and it has a floury taste. As a matter of fact no confectioners' sugar is made of pure sugar, but the best quality is adulterated with starch sufficient to make a perfectly smooth icing that will stay in place.

GELATINE ICING.

1 tablespoon gelatine,	½ cup sugar,
6 tablespoons boiling water,	Flavor with lemon.

Dissolve the gelatine in the boiling water, strain, add sugar and flavoring.

ICING—1.

2 eggs, whites,	Lemon to flavor,
10 ounces sugar,	Tartaric acid if desired.

Beat the whites to a stiff froth, add the sugar gradually, beat well for at least one-half hour, flavor with lemon juice. To color a delicate pink, use strawberry, currant or cranberry; or the grated peeling of an orange or lemon moistened with the juice and squeezed through a thin cloth, will color a handsome yellow. This amount will frost one large cake.

ICING—2.

1 pound powdered sugar,	3 eggs, whites,
.1 tablespoon cold water.	

Put the water on the sugar, add the whites beaten a little, but not stiff; mix all together, put into a deep bowl and place in a dish of boiling water; heat till it becomes thin and clear, and then thickens. When quite thick remove from the fire; stir while cooling till thick enough to spread.

ICING—3.

1 lemon, juice,	1 pound powdered sugar,
4 eggs, whites,	1 teaspoon cornstarch,
	1 teaspoon sifted white gum arabic.

Beat the whites stiff and add the powdered sugar, then the cornstarch, gum arabic, and lemon juice; beat all well together and spread on cake.

LEMON ICING.

To the juice of 1 lemon, strained, add sugar till it is thick enough to spread well. Put on cake and dry in a cool place for 1 or 2 hours; another layer can be added if desired.

SIMPLE ICING.

Measure out a cup of granulated sugar; add 5 tablespoons of water; stir the water and sugar together till the sugar dissolves, but do not stir afterward. Let boil till it ropes—that is, till a little taken up with a teaspoon forms a continuous string, instead of falling in drops like a thin liquid. Have the white of 1 egg beaten thoroughly. Let one pour the thick syrup into the white of the egg while another beats it. Beat for 2 or 3 minutes till thick and creamy. Pour instantly over the cake to be iced, as it will harden in a few moments after it is cold.

TUTTI FRUTTI ICING.

3 cups sugar,	$\frac{1}{2}$ pound almonds, chopped fine,
$\frac{1}{2}$ cup water,	$\frac{1}{2}$ small cup large raisins,
2 eggs, whites,	A little citron sliced thin.

Boil the sugar and water till the syrup is waxy; pour it over the beaten whites, and beat till cool; then add almonds, raisins and citron, and spread on the cake.

WINDOM ICING.

$\frac{1}{2}$ sheet Russia isinglass,	1 pound pulverized sugar,
$\frac{1}{2}$ cup boiling water,	$\frac{1}{2}$ cup raisins.

Dissolve isinglass in water, stir in sugar, then raisins, seeded and chopped. Beat well.

YELLOW ICING.

1 egg, yolk,	9 heaping teaspoons powdered sugar,
	Vanilla to flavor.

Use the same day as made, for it is nice only when fresh.

COOKIES AND JUMBLES.

In mixing cookies avoid using more flour than necessary to roll out the dough, as it makes them hard. In such a case work in a little milk or melted butter. Flour the rolling pin, board and the cutter to prevent sticking. See that the dough is rolled out evenly, in order that the cookies may bake evenly. Do not crowd them in the pan, that they may keep their shape. Let the pan be of sheet iron, or use a piece of sheet iron the size of the oven. Turn it when the cookies are half baked. The oven should be hot. They should bake in 10 minutes unless rolled very thick; jumbles require about 15 minutes.

A nice "finishing touch" can be given by sprinkling them with granulated sugar and rolling over lightly with the rolling pin, then cutting out and pressing a whole raisin in the center of each; or when done a very light brown, brush them over while still hot with thick syrup of sugar and water, sprinkle with currants and return to the oven a moment.

Graham cookies can be made by using the most valuable recipe, substituting graham flour where white flour is called for, and making them a little less stiff than usual. Use flour when rolling them out.

ADA'S SUGAR CAKES.

3 cups sugar,	3 eggs,
2 cups butter,	1 teaspoon soda,
Flour sufficient to roll.	

COOKIES.

1 cup butter,	$\frac{1}{2}$ teaspoon soda,
2 cups sugar,	2 eggs,
1 cup water or sweet milk,	Flavor with lemon or vanilla.
Just enough flour to roll.	

CHEAP COOKIES.

1 cup sugar,	1 tablespoon butter,
$\frac{1}{2}$ cup milk,	$\frac{1}{2}$ teaspoon soda,
1 egg,	Flavor,
Flour to roll.	

If desired 1 tablespoon of ginger or cinnamon can be added to this recipe.

CRISP COOKIES.

1 cup butter,	2 teaspoons cream of tartar,
2 cups sugar,	1 teaspoon cinnamon
3 eggs,	1 teaspoon nutmeg,
1 teaspoon soda,	Flour to roll.

Spread a little sweet milk over each cookie, sprinkle with sugar and bake in a quick oven.

CRISP COOKIES WITHOUT SODA.

1 pound flour,	5 eggs,
1 pound sugar,	$\frac{1}{2}$ pound butter,
Flavor with nutmeg or lemon.	

Beat the butter and sugar to a cream, add the yolks, well-beaten whites, flour, and flavoring. Roll thin and bake in a quick oven.

EGGLESS COOKIES.

2 cups sugar,	$\frac{1}{2}$ teaspoon soda,
1 cup milk,	Flavor,
1 cup butter,	Flour to roll.

FRUIT COOKIES—1.

$1\frac{1}{2}$ cups sugar,	1 teaspoon cinnamon,
1 cup butter,	1 teaspoon allspice,
1 cup currants,	1 teaspoon cloves,
1 cup raisins, chopped,	1 teaspoon soda,
$\frac{1}{2}$ nutmeg, grated,	Flour to roll thin.

Bake in a moderately hot oven.

FRUIT COOKIES—2.

2 cups sugar,	2 eggs,
1 cup sour cream,	1 teaspoon soda,
$\frac{3}{4}$ cup butter,	1 teaspoon cinnamon,
$\frac{1}{2}$ cup raisins,	1 teaspoon cloves,
$\frac{1}{2}$ cup currants,	1 teaspoon allspice,
$\frac{1}{2}$ cup citron,	Flour to mould firm.

Seed and chop the raisins, chop the citron fine; roll one-fourth inch thick, and watch carefully while baking or they will burn.

PREMIUM GRAHAM COOKIES.

2 cups sugar,	1 egg,
1 cup sour milk,	1 teaspoon soda,
1 cup butter, or lard,	Graham flour to make a soft dough.

Roll thin and bake in a hot oven.

GRANDMOTHER'S COOKIES.

2 cups sugar,	$\frac{1}{2}$ teaspoon soda,
1 cup butter,	Nutmeg,
1 cup sour cream,	Flour.

Make as soft a paste as can be rolled out very thin, cut and bake in a moderate oven. Add 2 eggs to this recipe, if desired.

HONEY CAKES.

$\frac{1}{2}$ pound sugar,	1 tablespoon cinnamon,
$\frac{1}{2}$ pound butter,	1 teaspoon nutmeg,
1 pint honey,	Flour to form dough.

Cream the butter and sugar, add the spices, honey and flour; knead well, roll, and cut with cake cutter; brush the tops with honey and water mixed in equal quantities, and bake in a moderate oven.

MOTHER'S COOKIES.

2 cups maple sugar,	1 cup butter,
Flour to roll stiff.	

Work in all the flour you can. Success is in making them.

NUTMEG COOKIES.

2 cups sugar,	2 eggs,
$\frac{3}{4}$ cup butter,	$\frac{1}{2}$ teaspoon soda,
$\frac{2}{8}$ cup sour milk,	Flavor with nutmeg, or caraway seed,
6 cups flour, or enough to roll.	

OATMEAL CAKE, OR COOKIES.

1 cup brown sugar,	$\frac{1}{2}$ cup cold water,
$\frac{1}{2}$ cup butter,	1 teaspoon soda,
4 cups oatmeal,	Flour to roll out.

Dissolve the soda in the water, mix all well together, and roll out; may be baked in the form of a thin cake, or as cookies.

OATMEAL COOKIES.

3 pints flour,	1 ounce ginger,
1 pound steel-ground oatmeal,	1 tablespoon soda,
2 coffee cups sugar,	Boiling water to dissolve soda,
$\frac{1}{8}$ cup lard,	Molasses to make a stiff dough.

These cookies will keep any length of time.

SPICED COOKIES.

2 eggs,	1 teaspoon nutmeg,
2 cups sugar,	1 teaspoon mace,
1 cup seeded raisins or currants,	1 teaspoon allspice,
$\frac{3}{4}$ cup butter,	3 tablespoons water,
1 teaspoon cinnamon,	2 tablespoons baking powder,
1 teaspoon cloves,	Flour to make a soft dough.

Roll thin and bake in a quick oven.

SPLENDID COOKIES.

$\frac{1}{2}$ cup sweet milk,	3 eggs,
2 cups sugar,	2 teaspoons baking powder,
1 cup butter,	Flavor to suit taste,

Flour to make soft dough.

Beat the eggs, sugar and butter to a cream, add the milk, stirring constantly, the flavoring, and the flour into which has been sifted the baking powder. Roll thin and bake quickly.

WHITE COOKIES.

2 eggs, whites,	$\frac{1}{2}$ cup butter,
1 cup sugar,	2 teaspoons baking powder,
1 cup milk, large,	Flavor with vanilla or rose,

Flour to roll.

Dust the top with sugar and bake quickly.

JUMBLES.

$1\frac{1}{2}$ cups sugar,	$\frac{1}{2}$ teaspoon soda,
$\frac{3}{4}$ cup butter,	1 teaspoon cream of tartar,
3 eggs,	3 tablespoons sweet milk,

Flour sufficient to roll.

Roll and sprinkle with sugar, cut out and bake.

COCOANUT JUMBLES.

2 cups sugar,	2 eggs,
1 cup butter,	$\frac{1}{2}$ grated cocoanut,

Just flour enough to roll out thin.

LEMON SNAPS.

1 cup sugar, large,	2 teaspoons hot water,
$\frac{3}{8}$ cup butter,	Flavor with lemon,
$\frac{1}{2}$ teaspoon soda,	Flour to roll thin.

Dissolve soda in the hot water.

SAND TARTS.

2 cups sugar,	2 eggs, reserving 1 white,
1 cup butter,	Cinnamon,
3 cups flour,	Almonds or raisins.

Roll out thin and cut in square cakes with a knife; spread the white of egg on top, sprinkle with cinnamon and sugar, and press a blanched almond or raisin in the center.

WALNUT WAFERS.

1 cup flour,
1 cup sugar,

$\frac{1}{4}$ cup butter,
1 egg,

$\frac{1}{2}$ pound English walnuts.

Chop the nuts very fine, beat the butter and sugar to a cream, add the well-beaten egg and flour and stir in the nuts. Drop in spoonfuls on buttered tins, and flatten a little; bake in a moderate oven. Or, add a little more flour and roll out. This recipe makes about two dozen.

GINGER BREAD.

If in making ginger bread the dough becomes too stiff before it is rolled out, set it before the fire. Snaps will not be crisp if made on a rainy day. Ginger bread and cakes require a moderate oven, snaps a quick one. If cookies or snaps become moist in keeping, put them in the oven and heat them for a few moments. Always use New Orleans or Porto Rico molasses, and never syrups. Soda is to act on the spirit of the molasses. In making the old-fashioned, soft, square cakes of ginger bread, put a portion of the dough on a well-floured tin sheet, roll smoothly to each side, trim off evenly around the edges, and mark in squares with a floured knife or wheel cutter. In this way the dough may be softer than where it is necessary to remove the pieces from the board after rolling and cutting. Cover the board well with flour before rolling all kinds of soft ginger breads, as they are liable to stick, and should always be mixed as soft as they can be handled.

ALUM GINGER BREAD—1.

1 pint molasses,

1 tablespoon ginger,

1 cup melted lard,

1 tablespoon salt,

1 cup boiling water,

1 tablespoon alum, pulverized,

1 heaping teaspoon soda,

Flour to knead.

In one-half the water dissolve the alum, in the other half dissolve the soda, stir in just flour enough to knead, roll about one-half inch thick, cut in oblong cards, and bake in a quick oven.

ALUM GINGER BREAD—2.

1¼ pounds butter,	Water to dissolve alum,
¼ pound soda,	Flour to make stiff,
½ cup sweet milk,	2 tablespoons ginger, if desired,
1 teaspoon alum,	{ 1 egg,
1 gallon molasses or strained honey,	{ An equal quantity of sweet cream.

Dissolve the soda in the milk, and the alum in just enough water to cover it, use flour to make dough stiff enough to roll out; put the molasses in a very large dish, add the soda and butter melted, then all the other ingredients; mix in the evening and set in a warm place to rise over night; in the morning knead it a long time like bread, roll into squares one-half an inch thick, and bake in bread pans in an oven heated about right for bread. To make it glossy, rub over the top just before putting it into the oven the well-beaten egg and sweet cream, stirring cream and egg well together. This ginger bread will keep an unlimited time. The recipe is complete without ginger, but it may be used. Over 50 years old, and formerly used for general muster days.

EXCELLENT GINGER BREAD—1.

1 cup sugar,	5½ cups flour,
1 cup butter,	6 eggs,
1 cup buttermilk,	2 teaspoons soda,
2 cups molasses,	Ginger and cinnamon to taste.

EXCELLENT GINGER BREAD—2.

2 eggs,	½ teaspoon ginger,
½ cup sugar,	1 teaspoon cinnamon,
⅔ cup N. O. molasses,	½ teaspoon soda,
½ cup cream,	Hot water to dissolve soda,
½ cup sour milk,	Flour.

Stir together the sugar and well-beaten yolks, add the molasses, cream and sour milk, and mix thoroughly; add ginger, cinnamon, and enough flour to make as stiff as plain cake; then stir in thoroughly the whites beaten stiff, and the soda dissolved in hot water. This is more difficult to make successfully than plain cake. If it is too thin, it is liable to fall; and if too stiff it is not so good. Bake in 2 deep tins, and serve while warm.

GINGER BREAD.

1 cup molasses,	1 teaspoon soda,
1 cup butter,	1 teaspoon ginger,
1 cup sour milk,	Flour to roll thin.

Bake in a quick oven and cut in squares.

GINGER CAKE.

1 cup N. O. molasses,	6 tablespoons shortening,
1 cup sugar,	1 teaspoon cinnamon,
1 cup sour milk,	1 teaspoon ginger,
1 heaping teaspoon soda,	Sifted flour.

Make batter of medium thickness, and bake in a moderately hot oven.

SOFT GINGER BREAD—1.

1½ cups molasses,	1 teaspoon soda,
½ cup brown sugar,	1 teaspoon ginger,
½ cup sweet milk,	1 teaspoon cinnamon,
½ cup butter or lard,	1 teaspoon cloves,
3 cups flour,	1 teaspoon allspice.

Bake in a dripping pan. The cloves and allspice may be omitted if so desired.

SOFT GINGER BREAD—2.

1 egg,	½ cup sour milk,
½ cup molasses,	1 teaspoon ginger,
½ cup sugar,	1 heaping teaspoon soda,
½ cup shortening,	Pinch of salt,

Flour.

Make as stiff as cream cake, and bake in a slow oven 30 minutes.

SORGHUM CAKE.

1 cup sweet milk,	½ teaspoon cinnamon,
1 cup sorghum,	2 teaspoons soda,

Flour to make a stiff batter.

This is very nice if eaten warm. Sorghum cakes should contain neither grease nor eggs to be palatable.

SORGHUM GINGER BREAD.

1 cup molasses,	1 tablespoon soda,
1 cup sugar,	1 teaspoon cinnamon,
1 cup cold water,	1 teaspoon cloves,
1 cup butter, or beef drippings,	Pinch of salt,
1 tablespoon ginger,	5 cups flour.

Bake in a rather quick oven. Can be baked in gem pans if desired.

SPONGE GINGER BREAD.

1 cup sour milk,	2 eggs,
1 cup N. O. molasses,	1 teaspoon soda,
$\frac{1}{2}$ cup butter,	1 tablespoon ginger,
Flour.	

Make as thick as pound cake; put the butter, molasses and ginger together, make them quite warm, add the milk, flour, eggs and soda, and bake as soon as possible.

GINGER CAKES.

1 pint butter or lard,	1 tablespoon soda,
1 pint buttermilk,	2 tablespoons ginger,
1 quart N. O. molasses,	Flour to make stiff.

Be sure to use buttermilk, not sour milk; heat the molasses and buttermilk, and when boiling pour into a large pan in which the ginger and soda have been placed. The pan must be large to prevent running over. Stir in all the flour possible, then the butter or lard. When cold mould with flour and cut in cakes. Care must be taken to follow these directions implicitly, or the cakes will not be good. This excellent recipe was kept as a secret for a long time by a professional baker.

GINGER COOKIES—1.

1 cup molasses,	4 eggs,
1 cup white sugar,	2 tablespoons ginger,
1 cup butter,	1 teaspoon soda,
Flour.	

Use flour enough to make a soft dough, roll thin and bake quickly. May be made without the eggs.

GINGER COOKIES—2.

1 cup N. O. molasses,	2 eggs,
1 cup brown sugar,	3 teaspoons soda,
2 cups thick, sour cream,	2 tablespoons ginger,
1 heaping cup butter,	Flour.

Mix soft and bake in a quick oven.

GINGER DROPS.

$\frac{1}{2}$ cup sugar,	2 eggs,
$\frac{1}{2}$ cup butter,	2 teaspoons soda,
1 cup molasses,	1 teaspoon ginger,
1 cup boiling water,	1 teaspoon cinnamon,
$2\frac{1}{2}$ cups flour,	1 teaspoon cloves.

Dissolve the soda in the boiling water, add the eggs, well beaten, just before baking. Baked in gem pans, or as common ginger bread, and eaten warm with a sauce, they make a nice dessert.

GINGER SNAPS—1.

8 ounces butter,	2 teaspoons ginger,
4 ounces sugar,	1 teaspoon cloves,
6 ounces preserved orange peel,	1 teaspoon soda,
1 pint molasses,	2 tablespoons boiling water,
1 pound and 6 ounces flour.	

Dissolve the soda in the water, soften the butter and mix it with the sugar and molasses, add the spices, orange peel and soda, beat well and stir in the flour; flour the board and roll the paste as thin as possible, cut in circles and bake in a very quick oven. This quantity makes one hundred and twenty-nine snaps, about three inches across.

GINGER SNAPS—2.

1 egg,	$\frac{1}{2}$ cup boiling water,
1 cup molasses,	1 tablespoon soda, level,
1 cup sugar,	1 tablespoon ginger,
1 cup butter and lard mixed,	Flour to mould out rather soft.

Roll thin and bake quickly.

GINGER SNAPS—3.

6 pounds flour,	1 quart molasses,
$1\frac{1}{4}$ pounds butter,	4 ounces ginger,
$1\frac{3}{4}$ pounds sugar,	1 nutmeg, grated,

Cinnamon to taste.

GINGER SNAPS—4.

2 cups N. O. molasses,	2 teaspoons cinnamon,
1 cup butter and lard,	2 teaspoons soda,
1 cup white sugar,	3 tablespoons water,
1 teaspoon ginger,	2 tablespoons vinegar,
1 teaspoon allspice,	Flour.

Mix all together except flour and sugar; add flour to make stiff, then the sugar, make in a roll, cut off small pieces, flatten them

slightly, place in tins 1 inch apart and bake in a moderate oven. When cold, put in a covered jar, let stand a few days and they are ready for use.

MOLASSES COOKIES.

2 cups N. O. molasses,	1 teaspoon soda,
1 cup sugar,	1 tablespoon ginger,
$\frac{1}{2}$ cup butter,	3 eggs,
$\frac{1}{8}$ cup cold water,	Flour to roll out.

Do not roll too thin, bake in a quick oven.

PEPPER NUTS.

1 cup citron, chopped fine,	1 teaspoon soda,
1 teaspoon ground pepper,	Hot water to dissolve soda,
4 eggs,	Flour to mould into small balls.

NUT WAFERS.

1 cup brown sugar,	$\frac{1}{2}$ teaspoon salt,
1 cup nut meats,	2 tablespoons flour,
	3 eggs.

Beat the eggs thoroughly and add the sugar, salt, flour and nut meats. If not stiff enough to drop in a firm mass, add more flour, and drop in small quantities on well-buttered paper. Bake about 5 minutes in a quick oven.

CONFECTIONERY.

THE "sweet tooth" of the world has not only created a demand for candies, but requires them to be made from pure materials, and according to scientific methods. The secret of successful candy-making lies in understanding the action of heat upon sugar, and the effect of certain things on boiled sugar. A sugar boiler's thermometer is desirable in home work, if candy is to be frequently made and in a considerable quantity. The exact degrees of heat for producing certain results can then be easily ascertained. In order to help all who wish to make candy, the 5 degrees Fahrenheit used by confectioners will be given, and as far as possible, the directions for testing without a thermometer.

- 1st. The Smooth : 215 to 220 degrees F.
- 2nd. The Thread : 230 to 235 degrees F.
- 3rd. The Feather : 240 to 245 degrees F.
- 4th. The Ball : 250 to 255 degrees F.
- 5th. The Crack : 310 to 315 degrees F.

The Smooth degree indicates a thick syrup; dip the stem of a clay pipe into the syrup, and if it feels oily to the touch the degree is reached, and may be used for crystallizing purposes. The Thread is known when the syrup, taken from the pipe by the thumb and finger, parts quickly and hangs in small threads. The Feather is indicated by the greater tenacity of the thread, so that it can be drawn out in long, fine hairs, without breaking. Cream for chocolate candies and fruits is taken from sugar at this degree. The Ball degree is reached when on drawing the pipe through the sugar and dipping it into cold water, the sugar dropping from it can be worked like putty. This is used in making cocoonut candies, icing, and almost any variety of grained candies. The Crack must be tested in like manner; the sugar must leave the pipe clean, and when dipped in water, and bitten, must break off sharply without sticking to the teeth. The soft and hard Crack

are its first and last degrees. Beyond this point the sugar turns yellow and rapidly crystallizes, and when tested in water shows softer, and more brittle. If allowed to boil to 320 deg. F. it reaches a point called Caramel, and must not be allowed to remain longer on the fire. Caramel is used for coloring candies, and making brown sauces and gravies. Sugar boiled to the Crack is used for making drops, rocks, toffies, and all clear candies. Sugar boiled beyond 250 degrees will grain in a hard lump. Cream of tartar prevents this by cutting the grain. Its action makes the sugar easily worked while warm, and transparent when cold. One quarter ounce or two teaspoons of cream of tartar is sufficient to use with eight pounds of sugar. Let the fire be firm and steady, before putting on the sugar to boil, so as not to need additional fuel; the quicker the boiling is through, the better is the color and durability of the sugar. If it should catch at the bottom of the pan, lift it off, and shake a few ashes over the fire. Dark sugars require longer boiling and are very liable to burn. Let the heat be applied only to the bottom of the pan; otherwise particles may be burned on the sides and spoil the whole material. In making caramels, the hotter the fire, the lighter the color; and the smaller the quantity, the finer the flavor. For a small quantity use a small pan in cooking, as there is less danger of burning; it must be large enough to allow for the expansion of boiling without the contents running over the sides. Caramels are a delicate confection, and require careful attention. Fruit candies are much finer when made from pure fruit juices and not from extracts. All color and flavoring, except chocolate and nuts, is put in after the boil is removed from the fire. In pouring candy on to the slab or platters, never scrape the pan or allow any of the scrapings to fall into the material. Avoid stirring or disturbing syrup that is intended for clear candies. Grease plates or slab with perfectly fresh, sweet butter or the finest olive oil. For boiling sugar use a granite saucepan or one made of bright copper. For stirring, a wooden spatula is preferable to a silver spoon. Have a large hook placed firmly in the wall in a convenient place for pulling candy; also keep waxed paper in which to wrap caramels or other candies. Two confectioners' pouring plates, or a marble slab, will be a great

convenience, and improve the nicety of the candy. A pair of sharp scissors will be very helpful. The first step in the manufacture of all boiled candies is the same, and consists of cooking the sugar to such a consistency as will enable it to be easily handled, and used in any form desired. Unless otherwise indicated, granulated sugar is intended to be used in the accompanying recipes. The following is a good foundation recipe for all boiled candies, whether cream or clear :

2 pounds sugar,

1 pint water,

$\frac{1}{2}$ teaspoon cream of tartar.

Put the sugar and water in a saucepan over a steady fire, and stir till well dissolved. If any impurities rise after passing through the first boil, skim at once, as great cleanliness is necessary to nice candy. Stir no more. Boiling a few minutes reduces the mixture to a perfect solution, which is called simple syrup and can be used for crystallizing fruits. To make rock candy, boil the syrup until it hangs in soft threads ; if allowed to cool then, crystallization will take place on the sides of the pan. If, instead, the boiling is continued until the syrup on being tested in cold water, stretches out in a long fine thread, or can be worked with the fingers, cream candies or cream can be made ; it must be quickly removed from the fire and either poured on a slab or set away in the saucepan to cool rapidly. When cool enough to bear the heat with the hand, work it with the spatula as fast as possible, until it becomes white, stiff, smooth, and shining. If taffy or clear candy is desired, add cream of tartar at the Feather point and continue boiling to the Crack degree. The greatest skill is required to bring the sugar to this point without allowing it to reach the caramel state. If the sugar, on testing in cold water, becomes brittle and snaps when bitten, it is done ; add the desired flavor, and pour out the boil on a well-oiled pan or slab, and when nearly cold mark in three-quarter inch squares with a knife, or a regular caramel cutter. If instead of a clear, a white candy is desired, when the mass is cooled sufficiently to handle, throw it over the hook, pull out, throw over again and again, taking a fresh hold each time and letting the sugar slide into the bulk each time a fresh hold is taken. The sugar should be white and porous when done, and of

a satiny appearance. The fine color and nice appearance depend upon the rapidity of the operation. If the sugar sticks, dust the palms of the hands with a little flour. "Practice makes perfect" in this art. If the mass becomes cool and stiff, hold it near the fire until softened sufficiently to continue working. The bulk of candy is increased by working, though it weighs no more than the clear varieties.

For clear stick candy, pour the mass, after coloring and flavoring, into square tins to a sufficient depth for the thickness of the stick. When cool enough to retain its shape, cut with a spatula, or a chopping knife, marking as desired. When cold a light stroke will separate it at the lines. For round sticks, roll the mass into a cylindrical form, draw down, pull out, and cut off at the desired length.

To make drops, give the mass an oval shape, draw out, and cut off with a quick blow by a sharp knife, as fast as possible; or pour the candy while warm, drop by drop, on greased tins. For white sticks, or drops, color the mass before cooking, but work the flavor into it when pulling, as it must go through that process before cutting into the desired shapes. All pulled or worked candies are flavored during that operation. Butter is used in making ice-cream, milk or cream in caramels, and brown sugar in many nut candies. If confectioners' sugar is called for, buy the best, for though mixed with a little starch, because of its adhesive quality, it is not harmful, but the inferior grades are badly adulterated. Gum arabic is used in making marshmallow and other varieties of paste, also in gum drops.

To candy nuts: first prepare and warm them, that they may be ready for the boiling sugar. Boil cream of tartar in the sugar, and take off a little under the Crack; drop in the nuts, a few at a time, take out and lay on a cold plate till set. It is necessary to work rapidly. If a darker shade is desired, let the sugar pass the crack and begin to turn yellow. Work must be very rapid after this point.

To candy fruits: take sugar prepared as for nuts, and use oranges, grapes, cherries, or any fruit from which the juice does not run too freely. Great care must be used in preparing them,

and discard any fruit having the least break. Peel and quarter oranges, and let dry a few hours, so as to take out the seeds without starting the juice. Dip into the candy, and lay on an oiled plate. Break grapes into bunches of two or three, dip, and when well coated with the sugar, hang on a line, or treat as oranges. Cherries are prepared in a similar manner to grapes.

Though the preference is given to the boiled sugar for creams because of its finer quality and durability, full directions will be found for the uncooked creams. Many prefer this method as it is more rapid and easier than the boiling process. The basis of all uncooked candies is a cream made of confectioners' sugar. To the whites of two or more eggs, add exactly an equal quantity of water, and stir in slowly enough sugar to make a firm, soft paste, easily moulded by the fingers. Flavor to taste, mould into balls, lozenges, squares, or any forms wished, and lay upon waxed paper to dry. Part of the cream can be put aside for use with figs, dates, or nuts; another part can be flavored with fruit juices; some can be used with jellies, and melted chocolate will make the balls into nice chocolate creams. These are but few of the uses to which it can be put, and an ingenious worker can manufacture all the varieties desired. Flavoring extracts must be used in very small quantities. Coconut, if from the nut, should be prepared the day before using. Small quantities are more easily handled, and a second or third cream can be quickly made.

COLORING.

For candies and other articles of food only harmless vegetable colors should be used. These can be obtained in paste form from many bakers and confectioners.

CARAMEL.

Put four ounces of sugar into an old iron or tin pan, which must be perfectly clean. Have the fire of good heat and stir the sugar with a smooth stick until it changes from a light to a very dark brown, and boils up vigorously. Draw to one side of the stove, stirring constantly lest it boil over. Add little by little 1 cup of hot water, boil slowly 4 minutes and strain. This will be a syrup and if diluted should give a clear brown color. When cold,

bottle for use. It will keep any length of time. Used to color candies, broths, sauces, etc.

GREEN.

Spinach green is perfectly harmless. Take a few leaves, wash thoroughly, drain off the water, pound in a mortar, and add a little salt to a cup of the juice; put in a saucepan over the fire and stir till it curdles. Drain on a hair sieve. Press what remains on the sieve through it and mix with half the quantity of powdered sugar. Put away in a cold place.

RED.

20 grains cochineal,	15 grains cream of tartar,
20 grains alum,	1 gill soft water.

Mix the ingredients and boil in an earthen dish slowly 30 minutes. Strain through muslin, or filter, and cork tightly.

YELLOW.

Put a little saffron into an earthen dish with a little boiling water; let it stand on the back of the stove several hours; when ready, strain, add sugar to make a syrup, and bottle when cold.

Cream color is obtained by using a very slight quantity of saffron. Brown sugars give a yellowish tint to candies in which they are used.

Fruit juices make a nice coloring for icings and confectionery.

TO CLARIFY SYRUP.

Put the white of an egg into any muddy liquid or syrup, and on boiling, the impurities either rise to the surface or sink to the bottom.

RECIPES FOR CONFECTIONERY.

BURNT ALMONDS.

2½ pounds sugar,	1¼ pounds almonds,
1 pint water.	

Remove the shells but not the skins from the almonds and warm slightly before using. Boil the sugar to the ball degree, and stir in the almonds with a wooden spoon. Stir so as to keep the almonds from sticking and detach the sugar from the bottom and sides of the pan. Coat thoroughly with sugar, turning them over and over. When a crackling sound is heard, remove the pan from the fire, and stir till the sugar appears like coarse sand. Turn out

the contents of the pan on a wire sieve, and cover with paper for 5 minutes. Then pick out the almonds, and return the sugar to the saucepan with only sufficient water to dissolve it. Repeat the first process and give almonds a second coating, being careful to keep them separated. If this should be repeated 3 or 4 times the almonds will have a thicker coating. In order to make them crinkly, boil $2\frac{1}{2}$ pounds of sugar to the crack; put the almonds into a pan and pour over them this syrup in two coats, stirring each time. Burnt almonds are often colored red.

CREAM ALMONDS.

Roast almonds till the meat is brown; take cream made as for chocolate creams; roll out in a sheet and cut into pieces 1 inch square by one-fourth inch thick; wrap the almond smoothly in this cream. Put in a warm place to harden, and finish by crystallizing in syrup, or, while moist roll in granulated sugar.

GRILLED ALMONDS.

1 cup blanched almonds, 1 cup sugar,
1 cup water.

Dry the almonds thoroughly. Cook the sugar and water till it flies in long threads from the spoon; throw in the almonds, cook them in the syrup, stirring occasionally. As soon as they begin to turn a pale yellow brown take immediately from the fire, or they will lose their flavor; stir until the syrup has turned to sugar, and crystallizes around the nuts. This is a very nice French recipe.

SALTED ALMONDS.

1 cup blanched almonds, 1 heaping teaspoon salt,
1 teaspoon sweet butter or oil.

Dry the almonds thoroughly, put them in a bowl, and stir in the butter, melted, coating each one; mix thoroughly with the salt, lay on a tin plate, and place in a moderately hot oven. Shake and turn the pan occasionally. Take out when golden brown, pick out the almonds and throw away the loose salt. Almonds prepared this way are delicious.

POP-CORN BALLS.

Boil N. O. molasses, any quantity desired, to the soft ball; have ready freshly parched corn and put the perfect kernels into a large tin pan; pour over a little of the boiled molasses. Mix thor-

oughly with forks or spoons, adding more candy as it is needed. The balls can be made of equal size by filling tightly a pint measure; then empty and squeeze the corn into a firm ball with the hands. Set aside to harden when finished.

CREAM BONBONS.

1 pound sugar,

1 cup water,

Flavoring.

Boil without stirring, after the sugar is dissolved, to a point between the feather and the soft ball. Remove from the fire, let cool slightly, add flavoring, and rub to a cream against the sides of the pan with a wooden spoon. Roll small pieces of this cream into round or oval balls, and drop into powdered sugar before setting away to harden.

CANDY OF ANY FLAVOR.

3½ pounds refined sugar,

1½ pints water,

1 teaspoon cream of tartar.

Mix in a vessel large enough to hold the candy when expanded by the heat; boil over a brisk fire, taking care that it does not burn. The heat should be applied at bottom and not at the sides. After boiling 15 minutes, remove a small portion of the melted sugar with a spoon, and cool by dropping in cold water. Take a portion between thumb and finger, and if it forms a thread as it separates, the process is nearly done, and great care must be used to control the heat so that the boiling may be kept up without burning. Test frequently by dropping a bit into cold water; if it becomes hard and brittle, snapping apart when bent, it is done and must be removed at once, and the flavoring stirred in. Then pour into shallow earthen dishes, thoroughly but lightly greased, and cool until it can be handled; pull, roll into sticks or make into any desired shape. Or, omit the cream of tartar, and when the sugar can be worked like putty on being tried in the water, take from the fire, cool slightly, flavor, and stir to a soft but firm white cream. This can be made into bonbons, and chocolate or fruit creams.

CHOCOLATE ICE-CREAM CANDY.

2½ pounds sugar,

1 pint water,

½ pound butter,

½ teaspoon cream of tartar,

¼ pound chocolate.

Boil all the ingredients except the butter 10 minutes; add but-

ter; the mass will begin to froth and will occupy double the previous space; boil to a soft crack, and pour on a well-greased plate or slab; knead into it the powdered chocolate. When cool enough throw over the hook and pull, flavoring with vanilla while working.

EVERTON ICE-CREAM CANDY.

1 lemon,	1½ pounds sugar,
2 ounces butter,	1½ teacups water.

Squeeze the juice of lemon into a cup; boil the sugar, butter and water together with one-half the rind of the lemon, and when done, which may be known by its becoming quite crisp when dropped in cold water, set aside till the boiling has ceased; stir in the juice of the lemon; butter a dish and pour on about 1 inch thick. When cool, take out peel and pull till white. Draw out in sticks and check every 4 inches with a knife. The fire must be quick and the candy stirred all the time.

ICE-CREAM CANDY.

2 cups sugar,	1 tablespoon vinegar,
1 cup water,	1 teaspoon cream of tartar,
Flavoring,	Butter, size of a nutmeg.

This must not be stirred while cooking. Boil about 25 minutes or until it hardens when dropped in cold water. Work as soon as possible after taking from the fire. Flavor while pulling.

HOARHOUND CANDY.

2 ounces dried hoarhound,	3 pints water,
Granulated sugar,	Lemon juice.

The proper method is first to make a decoction of the hoarhound. Boil 20 minutes, then strain and press off the liquid through a hair sieve. To each pint of this take 2 pounds sugar; place upon the fire and stir till the sugar is dissolved; when it boils add the juice of half a good-sized lemon. Boil to the hard crack, being careful to keep the sides of the pan perfectly free from the minute crystals deposited there by the steam from the boiling sugar; this can easily be done by washing them occasionally with a wet sponge or cloth. As the sugar comes to the hard crack, pour it upon a cold, greased marble slab, and when cool enough turn in the edges and cut the batch into suitable bars or squares.

MAPLE SUGAR CANDY.

1 cup maple sugar, ½ cup water,

Small bit of butter.

Boil about 10 minutes. It must not be stirred. When done, pour into buttered tins, cool and mark in squares.

MOLASSES CANDY.

1 cup molasses,

Butter, size of a nutmeg,

1 cup sugar,

1 teaspoon vinegar,

¼ teaspoon soda.

Put all the ingredients but the soda into the saucepan, boil hard, stirring all the time, until it hardens when dropped in cold water. Just before taking off the fire, add soda. Pull if wished, or pour over nut meats.

OLD-FASHIONED MOLASSES CANDY.

1 quart N. O. molasses,

½ teaspoon soda,

Flavor to taste.

Boil molasses over a steady fire to the soft crack. Dissolve soda in a little hot water, and add when pouring out to cool. Flavor. When cool enough to handle, pull till the desired color. This requires longer boiling than if sugar is used. Do not stir while boiling and keep partially covered.

PEANUT CANDY.

Use the recipe for Molasses Candy, but avoid stirring candy while boiling. Fill oiled pans three-fourths full of shelled and skinned nuts. Pour over the boiling candy and set away to cool.

PECAN NUT CANDY.

2 pounds brown sugar,

1 pint kernels,

½ pound butter,

½ cup boiling water.

Put sugar and water into a saucepan and boil hard 15 or 20 minutes before adding butter; then boil 5 minutes longer. Stir well, adding the nuts. After it boils up, pour the mass on to small buttered plates or tins, and set away to harden. Walnut candy may be made according to this recipe.

VANILLA SUGAR CANDY.

2 pounds granulated sugar,

½ cup water,

⅛ cup vinegar,

Butter, size of an egg,

1 tablespoon glycerine,

2 tablespoons vanilla.

Boil all except vanilla, without stirring, 20 minutes, or till crisp

when dropped in water. Just before pouring upon platters to cool, add a small teaspoon of soda, and the vanilla. This can be pulled beautifully white. Make in strips and cut with shears.

FOUNDATION CARAMEL SYRUP.

1½ pounds sugar, 1½ cups cream or milk,
¼ teaspoon cream of tartar.

Dissolve these, boil rapidly, stirring constantly until it reaches the soft crack. Do not boil too hard. Pour out to cool in layers about one-half inch thick. Cut into thick squares or cubes when nearly cold. To make chocolate caramels, add to this before boiling, 3 ounces melted chocolate. For lemon and vanilla caramels, add to the given rule very strong extract of these flavors. Coconut caramels are made by stirring into the syrup, when the soft ball is reached, 3 ounces of the nicest grated cocoanut. This must be added to the syrup gradually, to prevent its lumping. For maple caramels use maple in place of the white sugar.

CHOCOLATE CARAMELS—1.

1 cup grated chocolate 2 cups sugar,
1 tablespoon butter, 1 cup molasses,
1 tablespoon vanilla, ¼ cup cream or milk.

Boil until it hardens in water, pour into buttered pans; before it is cold mark off in little squares.

CHOCOLATE CARAMELS—2.

1½ cups grated chocolate, 4 cups brown sugar,
1½ cups cold water, Butter size of an egg,
1 tablespoon sharp vinegar, 2 tablespoons vanilla.

Put sugar, chocolate, water, butter and vinegar into a saucepan; boil over a brisk fire until brittle when tried in water; do not stir, but shake the vessel gently while cooking. Just before removing from the fire, add the vanilla. Pour into a well-buttered and floured dripping pan, and check off in squares while soft.

COCOANUT CARAMELS.

1 pint milk, Butter size of an egg,
1 cocoanut, grated fine, 3 pounds white sugar,
2 teaspoons lemon.

Boil slowly until stiff, then beat to a cream, pour into shallow pans and when partly cold, cut in squares. Desiccated cocoanut may be used, if preferred.

COCOANUT CONES.

1 pound powdered sugar, $\frac{1}{2}$ pound grated cocoanut,
Whites of 5 eggs.

Whip the eggs to a stiff froth; add the sugar gradually, and beat in the cocoanut. Mould with the hands into small cakes or cones, and lay upon buttered paper far enough apart to prevent touching. Bake in a very moderate oven.

HICKORY NUT CONES.

1 egg, $\frac{1}{2}$ cup flour,
1 cup sugar, 1 cup nuts sliced fine.

Stir all together, drop on buttered tins, 1 teaspoon in a place 2 inches apart; or, roll and bake like sand tarts.

CHOCOLATE CREAMS—1.

2 cups sugar, $\frac{1}{2}$ cup milk,
 $\frac{1}{4}$ pound Baker's chocolate.

Boil the milk and sugar 5 minutes, and stir until stiff; mould in balls and drop on buttered plates to cool. Break chocolate in small pieces into a bowl and set over a boiling teakettle; melt, but do not allow the chocolate to cook; roll the balls in it, and lay them on plates to harden.

CHOCOLATE CREAMS—2.

2 cups white sugar, $\frac{1}{2}$ cup water,
 $\frac{1}{2}$ cup cornstarch, Lemon,
 $\frac{1}{4}$ pound chocolate.

Put water and sugar on stove, boil about 3 minutes, stirring constantly. Add the cornstarch, flavor with lemon and work very quickly into little cones. Have ready the chocolate, melted; dip in the cones and lay on a plate to harden.

CHOCOLATE DROPS.

$2\frac{1}{2}$ cups granulated sugar, 1 cup cold water,
 $\frac{1}{2}$ cake Baker's chocolate.

Boil sugar and water from 5 to 10 minutes. Test. Place the saucepan in cool water, beat till cold enough to make into little balls; take one-half cake chocolate, shave fine into a bowl, and set in top of teakettle to melt; this must not boil. When balls are cool enough, roll in the chocolate with a fork. Or, mould the unbroken halves of walnut meats into the creamed sugar, and when cold, dip into the chocolate. Take out and lay on buttered paper till cold.

JELLY DROPS.

Crab apple, very firm jelly of any kind, and stiff marmalade may be cut into small cubes, rolled thickly in granulated sugar, and laid for 2 or 3 days in a cool, dry place. These are nice, and look pretty to mix with other candies.

PASTILLE DROPS.

Make these from the finest sugar, as their delicacy depends on the fine and melting grain. Put 1 pound powdered sugar into a saucepan with just enough water to make a thick paste. Add now, drop by drop, whatever flavoring is desired, whether peppermint, rose, clove, sassafras, wintergreen, coffee or ginger, but flavor lightly. Stir until thoroughly mixed to see if flavored rightly. If too much water is added the drops will not harden. Put this paste on the fire, stir constantly, let cook, but do not allow it to boil. When liquid enough to pour easily, take off and pour it, in large or small drops, upon sheets of tin or ordinary writing paper, cutting off the stream of sugar at each drop with a knitting needle held in the right hand. A little practice will enable one to make the drops uniform. Fruit Pastille Drops may be made by using the juice of the fruit in place of water.

CANDIED FLAG ROOT.

1½ pounds sugar,

1 pint water.

Fresh sweet flag.

Take the freshly gathered root, cut in small pieces, pour over boiling water, and let stand 15 minutes. Make a syrup, and when boiling hot put in the roots allowing for sufficient syrup to cover them. Boil carefully from 1½ to 2 hours, or until tender. Pour off the syrup, allow the flag to dry, or, after a few minutes roll in fine sugar; or if but little syrup is left, it may be allowed slowly to evaporate by boiling and the bits of flag will then be coated with crystallized sugar. Ginger may be candied in a similar manner.

LOZENGES.

1 ounce gum arabic,

4 tablespoons hot water,

1 pound best powdered sugar.

Dissolve gum in water, strain, and make a paste of the gum solution and sugar, by working it with a strong spoon until possible

to knead thoroughly with the hands. It must be smooth and flexible when done. Work in the flavor, and color, if desired tinted. Sift sugar upon a smooth moulding board. Lay on the dough, sift sugar over it, and roll with the pin till one-eighth of an inch thick. Sift over a little more sugar, polish with the hand, and cut with a cutter into any shape desired. Dry in a moderately warm place. If the paste crumbles in kneading, add a little more of the gum solution ; if it is soft or sticky, use more sugar.

BALTIMORE KISSES.

4 eggs, whites, ½ pound granulated sugar,
Essence of lemon.

Beat eggs to a high, firm froth, stir in the sugar, flavor with lemon or rose, continue to beat until very light ; then drop a table-spoon of the mixture at intervals of 1 inch, on well-buttered letter paper. Lay the paper on one-half inch boards, and place in a slow oven ; bake 1 hour, watch, and as soon as they begin to look yellowish take them out. Or, beat to a stiff froth the whites of 2 eggs, stirring into them very gradually 2 teacups powdered sugar and 2 tablespoons cornstarch ; bake on buttered tins 15 minutes in a warm oven, until slightly brown.

COLTSFOOT LOZENGES OR ROCK.

Take one-fourth ounce dried coltsfoot and simmer in 4 table-spoons water for 10 or 15 minutes. Add sufficient water to keep the amount of 2 gills, strain, and dissolve 1 ounce gum arabic ; then work in 1 pound of sugar according to the rule for lozenges, and proceed as in directions for lozenges. If a very strong solution is desired, use twice the quantity of coltsfoot. Make lozenges, or if rock is preferred, roll out in long sticks.

ALMOND MACAROONS.

1 pound blanched almonds, Rose-water,
1 pound powdered sugar, Whites of 6 or 7 eggs.

It is a tiresome process to prepare the almonds, therefore it is best to do it the day previous to using. After blanching put in a mortar, pound fine, adding a little rose-water by degrees. When a smooth paste is formed stir in the sugar. Add to the well-beaten whites the almond paste and work thoroughly together. Drop from the spoon on buttered paper. Leave a good space between

them. Dip the hand in water, pass gently over the surface of the macaroons, making it smooth and shining, or brush with the white of an egg. Bake one-half hour in a slow oven.

CHOCOLATE MACAROONS.

3 ounces Baker's chocolate, 3 eggs, whites,
1 pound powdered sugar.

Melt the chocolate over a slow fire; beat eggs and sugar to a thick paste, stirring in the chocolate. Sift sugar dust on to the moulding board, and roll the mixture out one-fourth inch thick; cut in small round pieces with a paste cutter; butter a pan and dust it slightly with flour and sugar equally mixed; put in the paste, and bake in a hot but not quick oven. Serve cold.

COCOANUT MACAROONS.

1 pound powdered sugar, 2 cups sifted crackers,
Whites of 6 eggs, Extract of almonds,
1 pound fresh grated, or desiccated cocoanut.

Beat eggs very stiff; mix all the ingredients together, adding not more than 2 teaspoons of the extract. Drop on well-greased paper on tins, and bake in a moderate oven 15 or 20 minutes. These should be of a light brown color and a firm consistency.

HICKORY NUT MACAROONS.

Hickory nuts, Mixed ground spice,
Nutmeg.

Pound hickory nuts fine and add spices. Make frosting as for cakes, stir in meats and spices, adding enough to make it convenient to handle; flour the hands and make the mixture into balls the size of nutmegs; lay on buttered tins, giving room to spread, and bake in a quick oven. These are delicious.

MARSHMALLOWS.

$\frac{1}{4}$ pound gum arabic, $\frac{1}{2}$ pint water,
 $\frac{1}{4}$ pound sugar, 2 eggs.

Dissolve gum arabic in the water, by heating over a slow fire and stirring constantly. When dissolved, strain and add the powdered sugar, cooking in a double boiler. Cook, stirring constantly, until it becomes a thick paste that will not stick to the fingers when touched. Flavor with orange or rose, then add gradually the well-beaten whites of 2 eggs. Pour into a pan slightly dusted with starch, and when cool divide into squares. These can be rolled in sugar dust and packed in boxes.

CREAMED NUTS.

Remove the thick inner covering of the nuts, after shelling them, by throwing into scalding water, letting stand for 2 or 3 minutes, and rubbing off the skins with the fingers. Make a foundation cream, roll it into balls, place the meats of nuts on the sides of the ball, pressing them firmly together. Or, they may be incased in the center of the ball. Almonds and English walnuts are generally used, but any nut can be used. For nut bars, use the same cream, into which has been stirred the whole or chopped meats, and pour into wide shallow tins lined with paper which projects 1 inch at each end of the pan. When cold, lift out the paper and cut in bars. Cocoonut bar is made by stirring into the cream before sufficiently worked, 1 cup of coarsely-grated cocoonut, and then working all together until done. This hardens rapidly after the cocoonut has been put into the cream. Creamed Fruits are made by taking out the seeds and filling the cavity with the cream.

BARLEY SUGAR.

1 quart barley,

4 or 5 quarts water,

Sugar.

Soak the barley 3 minutes in a little lukewarm water, and drain. Put it into a saucepan with the water mentioned above, set over a good fire, and cook till the barley is almost mush; take off from the fire, mash and strain as well as possible. If sufficiently cooked the liquid will become a jelly. Mix the jelly with sugar and fry it. It is better than almost any other kind of candy.

COCOANUT STEEPLES.

3 pounds pure white sugar,

1½ pints water,

1½ pounds finely-grated cocoonut.

Place sugar and water over a fire and stir until the sugar is dissolved; boil to the soft ball; remove from the fire and let stand until boiling ceases. Then rub and work a small portion of the sugar against the side of the pan, by means of a small wooden spoon, till it granulates; stir this granulation into the body of the sugar; when it assumes a whitish or milky appearance, stir in quickly the grated cocoonut; beat well and rapidly together, after which pour it into a pan. When cold, stir and work all together

once more. Now form with the hands small cones or steeples, and place them a little distance apart upon sheets of stout paper. In an hour or so they will become dry enough for use.

BUTTERED TAFFY.

4 pounds white sugar,	1 quart water,
1 teaspoon cream of tartar,	1 tablespoon vanilla extract,
1 pound butter.	

Boil sugar, water, and cream of tartar together, stirring all the time; then add vanilla or other flavoring. Boil to the crack, adding the butter, either cut in pieces or melted, and as soon as it is thoroughly incorporated and boiled into the sugar, pour upon a greased marble slab; when sufficiently cool, turn in the edges and mark, or cut into squares.

GLORIOUS VANILLA TAFFY.

2 cups sugar,	$\frac{3}{4}$ ounce powdered gum arabic,
1 cup cream,	2 teaspoons vanilla.

Stir gum arabic into the sugar, adding the cream last; when well mixed set over the fire; cook as rapidly as possible without burning. Do not stir it, but shake a little if in danger of it. Try in cold water, and take off when it becomes crisp on pulling out. It must not cook long enough to become brittle when dropped in the water. As soon as the bubbling ceases add vanilla, stirring as little as possible. Pour on well-buttered plates or tins. Work rapidly to avoid graining. If desired creamy instead of crisp, stir before pouring. When sufficiently cool mark off in little squares. Wrap in waxed paper.

GENUINE EVERTON TOFFEE.

2 pounds light brown sugar,	1 pound butter,
Juice of $\frac{1}{2}$ lemon,	Dessertspoon vanilla.

Put the sugar and butter into a bright, clean, round-bottom copper basin; melt together over a moderate fire, stirring constantly with a wooden spoon; add the lemon juice and vanilla. Ten minutes' boiling will bring it to the desired degree, the "crack"; pour it upon a buttered marble slab, and, when cool enough, turn in the edges, and cut or mark the batch into small square tablets.

DESSERTS.

A TEACHER in a well-known cooking school gives as her opinion that every housekeeper should be able to make a different dessert for each day in the year. While a knowledge of three hundred and sixty-five recipes for making desserts may not be quite as important as she seems to think, there is no doubt that the majority of our cooks do not give that branch of their work the attention it deserves, and so great care has been taken to make this department very complete.

CREAMS AND CUSTARDS.

Very few people know how great a variety of desserts may be made from a simple combination of custard. The great secret in a baked, boiled or steamed custard is slow cooking. To attain this it is essential that the custard should be cooked in a dish set in boiling water, which completely obviates all danger of burning. The rule for custard is exceedingly simple and need not be varied for baked or boiled custard.

1 quart fresh milk,
Yolks of 6 eggs,

6 tablespoons sugar.
1 saltspoon salt,

Flavoring.

All the ingredients must be of the best and freshest quality. The whites of the eggs can be added to the custard, but as they do not enrich it and are of no especial value in it, it is more economical to use them as a meringue or in white or delicate cakes. The process of making a custard is very simple, yet it is common to see this dish put on the table wheyed or spoiled, because of a failure to attend to the especial minutiae in making it. The milk should be new and brought to the boiling point. The yolks of the eggs should be beaten with the sugar and salt, and the boiling milk poured gradually over them and beaten into them, and it should then be strained. A flavor of nutmeg may be added,

or a stick of cinnamon, a portion of vanilla bean, or a little of the chipped yellow outer peel of a lemon may be boiled with the milk. For baking, pour the custard into earthen cups, set in a pan of hot water, and bake in a moderately hot oven; for steaming, cook fifteen minutes over boiling water; or make into a boiled custard by stirring the custard in a double boiler till it thickens. This will take five or six minutes. The custard should be continually beaten all the time that it is cooking and until it has cooled. These custards may be made more ornamental by adding a meringue and browning it lightly in the oven afterward. This is no addition, except to a lemon custard, which is nice served with a meringue flavored with lemon juice. Almost any fruit jelly or fine marmalade, or any fresh fruit, is nice served with custard.

The number of delicious desserts that may be made with a foundation of cream is almost innumerable. There is something particularly nice in whipped cream served with any kind of sweet fruit. Preserves of all kinds are excellent with whipped cream, yet it is comparatively rare to see them served in this way. Charlotte Russe becomes the simplest of deserts when once the art of beating cream is acquired. This can be done with an ordinary egg whip, or a Dover egg-beater, but most persons can succeed better with a cream churn, which should be a cylinder at least three and one-half inches across, and about ten inches long. Cream can be rapidly beaten in such a churn. As the froth rises skim off on a sieve, and place over a pan to drip. There is always some cream in a quart that will not froth, and this will drain into the pan and should be used for coffee or some other purpose. It is not necessary to beat cream to a froth in making ice cream, or in making desserts in which cream is used. An iced or cold rice pudding made with a mixture of whipped cream and boiled rice properly flavored is one of the best desserts made.

Creams and custards should always be beaten in stone or earthen ware to ensure their essential lightness. When gelatine is used in creams, soak it for an hour in a little cold water or milk, set in a warm place; it is convenient to place the bowl in the top of the boiling teakettle, and when dissolved, pour into the hot custard just after removing from the stove.

The "zest" used in flavoring is the name given to sugar saturated with the oil of lemon or orange peel, obtained by rubbing the rind with lumps of sugar.

ARROWROOT BLANCMANGE.

1 quart milk,	2½ tablespoons arrowroot,
1 tablespoon sugar,	1 tablespoon rose-water,
Salt to taste.	

Dissolve the arrowroot in 1 gill of milk, and heat the remainder; when it boils add the arrowroot, stir in well and cook a few moments before adding the sugar, rose-water and salt. Pour into moulds and set in a cool place.

CHOCOLATE BLANCMANGE.

3 eggs,	5 tablespoons grated chocolate,
¾ cup sugar,	1 quart milk,
¾ ounce gelatine,	1 teaspoon vanilla.

Soak the gelatine in 1 cup of the milk, and bring the remainder to a boil. Beat yolks of the eggs and sugar thoroughly and add first the gelatine, then the chocolate dissolved in a little of the boiling milk and stir all together rapidly. Pour the hot milk over the mixture, beat well and strain. Cook as for boiled custard, stirring constantly. When partly cool, add vanilla and the beaten whites. Pour into wet moulds and set on ice. To be eaten with plain or whipped cream.

CORNSTARCH BLANCMANGE.

1 quart milk,	Salt to taste,
4 tablespoons cornstarch,	Cinnamon to taste,
4 tablespoons sugar,	Jelly.

Scald the milk and add the sugar, salt, cinnamon, and the cornstarch moistened with cold milk; boil 4 minutes, stirring all the while. Rinse in cold water as many cups as desired, and nearly fill with blancmange. Let them stand until cold, turn upside down on saucers or little pudding dishes, and on top of each place one-half teaspoon of bright red jelly, pour around them sweetened cream, flavored with lemon extract.

IRISH MOSS BLANCMANGE.

3 quarts milk,	Sugar,
1 small handful Irish moss,	Cream,

Wash the moss, soak 15 minutes in lukewarm water, shake dry,

and put into a custard kettle with the milk; stir occasionally and cook slowly till it will jell slightly when dropped on a cold plate. Strain through a sieve, sweeten to taste. Pour into a mould which has been rinsed with cold water, and set in a cool place for several hours. Eat with sugar and cream, and a little tart jelly.

CHARLOTTE RUSSE—1.

$\frac{1}{8}$ box gelatine,	3 eggs,
$\frac{1}{2}$ pint milk,	2 dozen lady fingers,
3 pints cream,	Lemon or vanilla to taste,
$\frac{1}{2}$ pound powdered sugar,	Jelly if desired.

Split the lady fingers, or substitute slices of sponge cake, and line a mould. Dissolve the gelatine in the milk. Whip the cream to a froth, and set on ice; beat the yolks of eggs, mix with the sugar and add the well-beaten whites; strain the gelatine upon these, stirring quickly; add the cream, flavor and fill the mould. Let stand upon ice 2 hours and serve with whipped cream. The bottom of the mould may be lined with jelly.

CHARLOTTE RUSSE—2.

4 eggs, whites,	$1\frac{1}{2}$ cups powdered sugar,
1 ounce gelatine,	1 pint thick sweet cream,
2 gills boiling milk,	Rose-water or vanilla,
Sponge cake.	

Dissolve the gelatine in the boiling milk, beat the whites stiff, whip cream to a froth and line a large mould with thick slices of sponge cake; mix gelatine, sugar, cream and flavoring together, add lightly the frothed whites, pour into the mould and set away on ice till required for use. This is an easy and excellent mode of making this most delicate dessert.

CHARLOTTE RUSSE—3.

$\frac{1}{2}$ pound powdered sugar,	2 eggs, whites,
1 pint rich cream,	$\frac{1}{2}$ teaspoon almond,
Sponge cake, or lady fingers.	

Sweeten and flavor the cream before whipping, add the stiff whites and beat all thoroughly together; pour into a mould lined with thin slices of sponge cake, or lady fingers, and set in a cool place till firm.

APPLE CREAM.

1 pound cooking apples,	1 ounce gelatine,
$\frac{1}{2}$ pound sugar,	1 lemon,
$\frac{1}{2}$ pint cream,	Little boiling water,

Cochineal.

Peel, quarter and core the apples, put into a stewpan with sugar and the rind and juice of 1 lemon; set on the stove and let simmer gently. When the apples are quite soft, pass through a sieve into a bowl, put on ice till cold. Whisk the cream to a firm froth; add gelatine melted in the water, and the apple pulp. If desired, color a little of the mixture with the cochineal, pour it in a mould and set on ice. When firm, add the white portion. Serve when cold.

CHOCOLATE BAVARIAN CREAM.

$\frac{1}{2}$ box gelatine,	$1\frac{1}{4}$ cups sugar,
$\frac{3}{8}$ cup cold water,	1 pint cream,
$\frac{1}{8}$ cup boiling water,	4 tablespoons grated chocolate,

Vanilla.

Whip the cream to a froth and keep cool; dissolve the chocolate in a little boiling water; soak the gelatine in the cold water 1 hour, add the boiling water, sugar, and vanilla; set on the stove to thicken, stir in the chocolate, remove from the stove, let cool, and beat in the whipped cream. Pour into a mould to stiffen.

BOHEMIAN CREAMS.

1 quart cream,	4 eggs, yolks,
1 ounce gelatine,	2 tablespoons sugar,
1 vanilla bean, or extract of vanilla.	

Dissolve the gelatine in water, whip one-half the cream to a stiff froth; boil the other half with the sugar and a vanilla bean, or vanilla extract may be added after it is removed from the fire. Add the gelatine, and when cooled a little stir in the well-beaten yolks. As soon as it begins to thicken, stir steadily until smooth, when add the whipped cream, beating lightly. Mould and set on ice until ready to serve.

To flavor with strawberries, strain 2 pounds berries through a colander, sweeten to taste, add the dissolved gelatine, set on ice; when it thickens stir until smooth, add the whipped cream as above, and mould.

To flavor with peach, boil 18 choice peaches, sweeten and strain

through a colander, add the dissolved gelatine, a teacup of cream, and set on ice; when it thickens stir until smooth, add the whipped cream, and mould.

To flavor with pineapple, grate fine, boil with half a pound of pulverized sugar, strain through a colander, adding the dissolved gelatine, set on ice, and when it thickens stir until smooth; add the whipped cream, and mould. Canned pineapples may be used instead of fresh. In all these never add whipped cream until the mass is cool and begins to thicken.

BUTTERCUP CREAM.

2 cups cold milk,	2 tablespoons sugar,
2 eggs,	1 tablespoon lemon,
· $\frac{1}{8}$ cup crystal gelatine.	

Dissolve the gelatine in the milk; heat, and when boiling pour slowly over the beaten yolks and sugar. Beat the whites stiff, flavor and whip into the custard, and pour into a mould. Serve with jelly.

COFFEE CREAM.

$1\frac{1}{2}$ cups cream,	$\frac{1}{2}$ cup water,
1 cup strong, hot coffee,	$\frac{1}{2}$ cup sugar,
$\frac{3}{4}$ ounce gelatine.	

Soak the gelatine in the water till dissolved, pour it into the coffee, add the sugar, cool, strain and stir in the cream, which may be whipped or plain. Fill the moulds, and set in an ice box or cold place over night.

HAMBURG CREAM.

1 cup sugar,	8 eggs,
2 lemons, juice and grated rind.	

Stir together the rind and juice of the lemons and sugar, add the well-beaten yolks of the eggs; put all in a tin pail, set in a pot of boiling water, stir for 3 minutes, take from the fire, add the well-beaten whites of the eggs, and serve, when cold, in custard-glasses.

ITALIAN CREAM.

$\frac{1}{8}$ box gelatine,	8 eggs,
$1\frac{1}{2}$ cups sugar,	$2\frac{1}{4}$ pints milk

Flavor to taste.

Soak the gelatine one-half hour in one-fourth pint cold milk, put the remainder on to boil, and when boiling stir in yolks of the

eggs well beaten, the sugar and gelatine ; when custard begins to thicken, take off and pour into a deep dish in which the whites have been beaten to a stiff froth ; mix well together and flavor to taste ; put in moulds, and allow 4 hours to cool. This cream is much more easily made in winter than in summer.

ORANGE CREAM.

$\frac{1}{2}$ pint cream,	1 lemon,
3 tablespoons sugar,	3 tablespoons gelatine,
3 oranges,	$\frac{1}{2}$ pint water.

Squeeze the juice from the lemon and oranges, letting the rind of 1 orange soak in the juice of the oranges 1 hour ; boil the gelatine in water and cool ; whip the cream to a froth, stir all together, pour into a mould and set on ice to cool.

RICE CREAM.

1 quart sugar,	$\frac{1}{2}$ cup raw rice,
2 quarts whipped cream,	$\frac{1}{2}$ box gelatine,
$\frac{1}{2}$ teaspoon salt.	

Boil the rice in an abundance of water ; when it has boiled 10 minutes pour off the water, add 1 pint of milk, put it in a double boiler, and cook for three-quarters of an hour with a little of the yellow rind of a lemon to give flavor ; when done, remove the lemon peel, add the gelatine, which should have soaked 1 hour in half a cup of cold water ; add also the sugar and salt. Put in a pan of cold water and salt, and stir it till it is thoroughly chilled. Then beat in the whipped cream. The rice must be added lightly to the cream so as not to break down the froth. Pour into little cups or one large mould and set it away on the ice until it has hardened. It should be firmer than jelly. It is delicious served with strawberries and whipped cream, or a golden orange jelly and whipped cream. This is an especially ornamental dessert served in a large mould on a low glass platter, with strawberries or jelly and whipped cream wreathed around it, or if preferred, make a sauce with a cup of mashed strawberries, strained into a quart of whipped cream and properly sweetened. Let the white mould rise from the center of this sauce.

ROCK CREAM.

1 cup rice,	Jelly,
2 tablespoons sugar,	5 eggs, whites,
1 saltspoon salt,	3 tablespoons powdered sugar,
Milk,	1 tablespoon rich cream,
Flavor to taste.	

Boil the rice in a custard kettle, in sweet milk, until soft, add sugar and salt; pour into a dish and place on it lumps of jelly; beat the whites of the eggs and powdered sugar to a stiff froth, flavor, adding cream, and drop the mixture on the rice.

SPANISH CREAM.

1 quart milk,	4 eggs,
$\frac{1}{2}$ box gelatine,	1 cup sugar,
Vanilla to flavor.	

Soak gelatine in the milk for 30 minutes, heat, beat yolks and sugar together and add to the boiling milk, stir and cook until it thickens; take from the fire, add the whites beaten very light, stirring them in thoroughly, flavor and put in a mould to cool. Or, a meringue may be made of the beaten whites, the juice of 1 lemon, and one-half cup of sugar; pour over cream and brown slightly in the oven.

VELVET CREAM.

$\frac{1}{2}$ box gelatine,	$\frac{1}{2}$ cup powdered sugar,
$\frac{1}{2}$ cup cold water,	2 cups cream,
$\frac{1}{2}$ cup boiling water,	Flavor with vanilla or bitter almonds.

Soak the gelatine in cold water, add the boiling water, stir till clear, and let cool. Have the cream very cold, add sugar and beat to a stiff froth; whip it into the gelatine, flavor, put in wet moulds and set on ice.

WHIPPED CREAM.

To whip cream successfully, use good rich cream. Set it on ice several hours before using. Sweeten and flavor to taste, put in a large bowl and beat with an egg-beater; as the froth rises remove to a second bowl, or if desired to be very stiff, place on a sieve and return all that passes through to the bowl to be beaten again. When the cream is not very thick, or it is difficult to whip, add to it and beat with it the white of 1 egg, or soak one-fourth ounce of gelatine for 1 hour in one-half cup cold milk, then set the cup of

gelatine and milk into boiling water over a fire, and stir till dissolved; cool, and whip into the cream. Set it on ice or in a very cold place. It may be served in various ways. Baked apples, and fresh or preserved berries are delicious with it. Jelly-glasses, one-third full of jelly and filled up with cream, make a very wholesome and delicious dessert.

APPLE CUSTARD—1.

1 pint apples,	4 eggs,
1 pint milk,	1 teaspoon butter,
$\frac{1}{2}$ cup sugar,	Flavor if desired.

Stew tart apples and put through a sieve, mix in the proportions given and bake 20 minutes.

APPLE CUSTARD—2.

8 or 10 large apples,	3 eggs,
1 quart milk,	Sugar,
Flavor to taste.	

Pare and core the apples and put in a deep dish; fill the centers with sugar, add a very little water, and bake till done. Make custard with the eggs, milk, 4 tablespoons sugar, and a little cinnamon or nutmeg; pour over the apples while hot and bake till the custard is done. Serve cold.

ALMOND CUSTARD.

1 quart milk,	6 eggs, well beaten,
2 cups sugar,	1 tablespoon lemon extract,
$\frac{1}{4}$ pound almonds, blanched and pounded.	

Mix these ingredients together and bring to a boil, take from the fire and stir till lukewarm; put into cups or a mould to cool. If desired, cover with the whites of 4 or 5 eggs, well beaten, just before serving.

BAKED CUSTARD—1.

1 quart milk,	5 tablespoons sugar,
4 eggs,	Flavor to taste.

Beat the sugar and eggs together, scald the milk and pour over the other ingredients, stir together well and pour into china cups. Set the cups in a pan of hot water, grate a little nutmeg upon each, or flavor with lemon or vanilla, and bake till firm. Eat cold from the cups. Or, add a little more sugar, pour the custard into a basin or pudding dish, set the dish into a dripping-pan of hot water and bake in a moderate oven. Try with a straw; if milky

it is not done. It should quiver like jelly when sufficiently cooked.

BAKED CUSTARD—2.

1 quart milk,		3 eggs,
1 cup sugar,		Nutmeg.

Heat the milk, beat the eggs very light, add the sugar and nutmeg, stir all into the milk when boiling hot, strain and bake.

BANANA CUSTARD.

1 quart milk,	4 tablespoons sugar,
2 eggs,	1 tablespoon cornstarch, heaping,
	3 bananas.

When the custard is cool pour it over the fruit sliced thin.

CHEAP CUSTARD.

1 pint milk,	4 tablespoons sugar,
2 eggs,	2 tablespoons flour,

Flavor with lemon or vanilla.

Put the milk into a double kettle, let it come to a boil, beat the eggs and sugar, stir into the milk, wet the flour in cold milk, see that there are no lumps in it, then stir into the milk and cook 3 or 4 minutes. Flavor when cool.

COFFEE CUSTARD.

4 eggs,	1 cup cold coffee,
$\frac{1}{2}$ pint milk,	Sugar to taste.

Cook as for boiled custard.

CORNSTARCH CUSTARD.

1 quart milk,	4 tablespoons sugar,
2 eggs,	Butter size of a hickory nut,
2 tablespoons cornstarch,	$\frac{1}{4}$ teaspoon salt,
	Flavor.

Wet the starch in a little of the milk, heat the remainder to near boiling, in a pail set in boiling water. The proper heat will be indicated by a froth or film rising to the top; add the starch till it thickens, stirring constantly, then the eggs, well beaten with the sugar; butter and salt; cook, stir briskly, take off and beat well and flavor. Served with grated cocoanut it is very nice.

HOMINY CUSTARD.

3 tablespoons hominy,	Sugar,
Salt,	Flavoring,
Milk,	Jam or stewed fruit.

To 1 pint of milk add hominy and salt; boil gently until it

thickens, then add more milk, cook until sufficiently thick ; add sugar, and flavor to taste. Pour into a mould and serve cold with jam or stewed fruit.

ORANGE CUSTARD.

4 oranges,	$\frac{3}{8}$ cup sugar,
4 eggs,	Powdered sugar,
1 quart milk.	

Peel and slice the oranges into an earthen dish. Sift fine sugar over each layer. Make a custard, using 2 whole eggs and the yolks of 2 more, well beaten, milk and the sugar. Flavor with vanilla ; steam until done and pour over the oranges. Beat the whites of 2 eggs and sweeten with fine sugar, pour over the custard when cool and set in the oven 5 minutes. A little orange juice in the frosting improves it. If desired, leave out 1 egg and add 1 tablespoon cornstarch.

RICE CUSTARD.

$\frac{1}{2}$ cup rice,	4 tablespoons sugar,
1 quart milk,	4 tablespoons powdered sugar,
4 eggs,	1 teaspoon vanilla,
Pinch of salt.	

Put the rice in the milk and add salt ; steam until soft ; just before taking from the fire add the yolks of eggs beaten with the sugar, and mix thoroughly ; flavor ; do not cook it any more. Pour into pudding dish and cover with the whites, beaten stiff with the powdered sugar ; brown slightly in the oven, and serve cold with tart jelly.

SNOW CUSTARD.

2 cups sugar,	$1\frac{1}{2}$ pints milk,
$\frac{1}{2}$ box gelatine,	1 lemon, juice,
1 cup cold water,	3 eggs,
1 pint boiling water,	Vanilla.

Soak the gelatine 1 hour in the cold water, add the boiling water, stir until thoroughly dissolved, add two-thirds of the sugar, and the lemon juice ; beat the whites of the eggs to a stiff froth, and when the gelatine is quite cold, whip it into the whites, a spoonful at a time. Whip steadily and evenly, and when all is stiff, pour in a mould, or in 1 dozen egg glasses previously wet with cold water ; set in a cold place. In 4 or 5 hours turn into a glass dish. Make a custard of the milk, yolks of eggs, the remainder

of the sugar, flavor with vanilla, and when the meringue or snowballs are turned out of the mould, pour this around the base. If desired, omit the beaten whites, and pour the jelly into the mould. Serve with the custard, or a whipped cream, or the whites, well beaten, and sweetened with 3 tablespoons powdered sugar.

STEAMED CUSTARD.

5 eggs,	1 quart milk,
$\frac{3}{8}$ cup sugar,	Vanilla or lemon.

Put the milk over the fire in a double kettle; when boiling, add the sugar and the eggs, well beaten. When it begins to thicken, remove from the fire, cool and flavor. Pour into custard cups and place in a steamer over boiling water. Steam until thick and firm; cool and grate nutmeg over the top of each, if desired.

STEAMED CUSTARD.

Custard.

6 eggs, yolks,	1 cup sugar,
3 cups milk,	$\frac{1}{2}$ cup grated cocoanut,
	Pinch of salt.

Steam and frost.

Frosting for Custard.

6 eggs, whites,	Sugar,
	Cocoanut.

To the beaten whites add sufficient sugar and cocoanut to stiffen.

GOOSEBERRY FOOL.

Gooseberries,	Cream,
Sugar,	Gelatine,
	Milk to dissolve gelatine.

Remove stems and blossoms from gooseberries, stew to a thick pulp, sweeten to taste, and put through a sieve, if desired. Sweeten to taste and whip the same quantity of cream as gooseberry pulp, dissolve gelatine as for Whipped Cream, and add in the proportion of 2 tablespoons to 1 quart of whipped cream. Reserve one-fourth of the whipped cream, add gooseberry pulp to the remainder gently, taking care not to break it down. Put into custard glasses, and heap each glass with the whipped cream. Set on ice till served.

FLOATING ISLAND.

6 eggs,	Salt to taste,
1 quart milk,	Flavor to taste,
Sugar,	Grated cocoanut,
2 tablespoons powdered sugar.	

Make a custard of the yolks of eggs, milk, salt and sugar ; beat and strain yolks before adding to the milk ; place custard in a large pan, and set on the stove, stirring constantly until it boils ; remove, flavor with lemon or rose, and pour into a dish, a shallow, wide one is best, spread smoothly over the boiling hot custard the well-beaten whites ; powder with sugar, and add cocoanut, if desired. Set the dish in a pan of ice-water and serve cold. Or, prepare the whites by dropping a spoonful at a time on boiling water, lifting it out carefully, when cooked, with a skimmer and laying it gently on the float. Or, pour custard into cups to cool, set whites on ice and just before serving beat very stiff with 2 tablespoons powdered sugar ; heap upon custard in cups and serve at once.

MOONSHINE.

6 eggs, whites,	Sugar,
6 tablespoons powdered sugar,	Vanilla,
1 heaping tablespoon preserved peaches.	

Beat the whites of eggs in a broad plate to a very stiff froth, then add gradually the powdered sugar ; to make it thicker use more sugar ; beat not less than 30 minutes, and then beat in the preserved peaches cut in tiny bits, or 1 cup of jelly. Set on ice until thoroughly chilled. In serving, pour into each saucer some rich cream, sweetened and flavored, and on the cream place a liberal portion of the moonshine. This quantity is enough for seven or eight persons. It combines a pretty appearance with palatable flavor, and is a convenient substitute for ice cream.

SNOWBALLS.

8 eggs,	Sugar,
1 pint milk,	Orange water to flavor.

Heat the milk until almost boiling ; flavor it with orange water ; have the whites of the eggs beaten to a stiff froth, drop them into the hot milk in large spoonfuls, turning them over carefully so they will swell. Skim out as soon as done and pile on a plate ;

strain the milk, sweeten to taste, add the beaten yolks, and cook the custard until creamy; then pour it over the snowballs.

APPLE SNOW.

Snow.

1 pint apple, ½ pint powdered sugar,
3 eggs, whites.

Bake some sour apples and put them through a colander; beat eggs to a stiff froth; add sugar and apples in the proportions given and beat together until stiff.

Custard for Snow.

4 eggs, yolks, 2 tablespoons sugar,
1 pint milk, Vanilla.

Cook in a double kettle and serve cold with the snow.

COCOANUT SNOW.

8 eggs, whites, Sugar,
1 cocoanut, Rose-water,
1 pint thick sweet cream.

Grate cocoanut and sprinkle pulverized sugar lightly through it. Beat the whites of eggs to a stiff froth, add 4 tablespoons of fine sugar, beat well and flavor with rose-water. Take half the cocoanut and stir into it the cream whipped; lay the remainder of the cocoanut lightly over this, and put the eggs and sugar over the top. Decorate the dish with bright-colored jelly.

CUSTARD SOUFFLÉ.

2 tablespoons butter, 4 eggs,
2 tablespoons flour, 1 cup boiling milk,
1 tablespoon sugar, A little nutmeg.

Stir the butter and flour into a smooth paste, then add to it gradually, the boiling milk; cook 8 minutes, stirring often. Beat sugar, nutmeg and the yolks of eggs together, add them to the cooked mixture, and set away to cool. When cool, add the whites of eggs, which have been beaten to a stiff froth; bake the soufflé in a buttered pudding-dish 20 minutes in a moderate oven. Serve hot with a creamy sauce.

ORANGE SOUFFLÉ.

10 eggs, 4 oranges,
1 quart milk, Sugar.

Make a boiled custard of the milk and eggs, leaving out the whites of 4 for frosting, and sweeten to taste; when cool pour it

over 4 sliced oranges sprinkled with sugar, and the grated rind of 2 ; cover with frosting, and place the dish in a pan of cold water and set in the oven until nicely browned. Put on ice or in a cool place until ready for the table.

APPLE TAPIOCA.

1 cup tapioca,	Sugar,
1½ pints warm water,	Nutmeg,
8 tart apples,	Cream.

Soak tapioca 3 or 4 hours in warm water, pare and quarter, or slice apples and put into a pudding dish. Sweeten tapioca to taste, add nutmeg, and pour over apples ; bake 1 hour, or till the apples are soft. Serve with sugar and cream. Or, beat the whites of 3 or 4 eggs stiff, add 3 tablespoons powdered sugar, spread over the top and brown slightly in the oven. Serve either hot or cold.

BLACKBERRY TAPIOCA.

1 quart blackberries, small,	1 cup tapioca,
Sugar,	Cold water,
Cream,	1 pint boiling water.

Wash the tapioca and let stand over night in cold water. In the morning add boiling water, and simmer till the tapioca is clear. Sweeten blackberries and stir into the tapioca. Pour into a dish and serve very cold with cream and sugar. Apricots or strawberries may be used instead of blackberries if desired, and a hard sauce substituted for the cream.

PRUNE WHIP.

¾ pound prunes,	Sugar,
4 eggs, whites,	Cream.

Stew the prunes, sweeten to taste, and remove pits ; when perfectly cold, add whites of the eggs beaten stiff, stir all together till light ; pour into a pudding dish and bake 20 minutes. Serve cold, covered with good rich cream.

TAPIOCA WHIP.

3 tablespoons tapioca,	3 tablespoons powdered sugar,
1 quart milk,	3 eggs,
½ cup sugar,	Vanilla.

Soak the tapioca in a little cold milk or water for several hours. Heat the milk, and when boiling add the tapioca and cook slowly until tender. Remove from the fire and stir in carefully the beaten yolks of eggs and one-half cup of sugar. Cook slowly for

2 or 3 minutes, cool, and flavor. When cold beat into the tapioca one-half of the stiffly beaten eggs and powdered sugar; pour into glasses or a pudding dish and lay on the remainder of the whites. Or, all the meringue may be stirred lightly into the custard, or all heaped on the top. The meringue can be browned lightly in the oven before setting the whip away to cool. The tapioca is very nice served with whipped cream chilled by standing on the ice.

PASTRY.

As long as Americans have gained a reputation for being a pie-eating people, it is desirable that the pies themselves shall be well made. People mistake who consider pastry made with little shortening as particularly healthy. Crust which is tough and heavy is far more hurtful than that of a light, tender, and flaky composition.

Use the best materials in making pastry. Butter and lard should be sweet, fresh, and solid. Have the water ice-cold, and make the pie-crust in a cool place. It is much improved by the addition of a small teaspoon of baking powder to one quart of flour. Pastry is nicer to stand two or three hours in a cold place after making, before using, and it may be kept in a close-covered dish in an ice-chest for several days, and be improved. Some brands of flour, though better for bread, will never make good pastry, and regular pastry flour will be found cheaper as well as nicer. Brush the lower crust of the pie with the white of an egg to prevent its becoming soggy, and a sprinkling of flour and sugar before filling prevents the leaking of juices. Dredge a little flour over fresh small fruits, after adding sugar, before laying on the upper crust; it is nicer than cornstarch, and is absorbed better in the pie. For custard pie, sift flour, one tablespoon to a pie, into the sugar, and mix well together before adding the beaten eggs. This gives the consistency desirable in serving, and does not affect the taste. The milk for custard, squash, pumpkin or lemon pies should be hot when added to the other materials. Do not fill pies until ready to bake, and stewed fruit must be cool before using or the pastry will be sodden.

Many cooks prefer in making pastry to omit some of the butter

from the general preparation, and cutting the paste into equal parts, roll the rest of the butter into one of them for an upper crust. Cut a piece from the other paste, roll from the center out, and cover the pie plate; fit it well, and trim off the edges with a sharp knife. Cut off a piece from the richer paste sufficient for an upper cover, roll out and gently lay one half over the other. Cut through the fold five times near the center, in a slanting line. Fill the plate with the pie mixture, wet the top edge of the rim, lay on the upper crust, turn back the half that was doubled over, and fold the upper edges carefully over the lower ones, or press them lightly together. The edge can be ornamented with the indentations of a three-tined fork. Glaze a pie by brushing it over with the white of an egg before baking.

Use tin, not earthen, plates in baking; dust them with flour, but never grease them. Slip the pies off to earthen ones as soon as baked to prevent the softening of the crust.

A meringue is made in the proportion of one tablespoon of sugar to the white of an egg; it should be spread upon the pie as soon as baked and returned to the oven to brown slightly.

The oven is at the right heat for baking when twenty can be counted while holding the hand there, and the same temperature should be maintained throughout the baking; this heat will give a rich brown color, and a flaky appearance to the pie. It is of great importance that the oven should be at the right and steady heat to obtain the best results for the money, time, and work expended in preparation.

PUFF PASTE.—1.

1 pound butter,
1 pound flour,

1 cup ice-water
1 egg.

Wash the butter, and set on ice. Have the ice-water ready, and make the paste in as cool a place as possible. Weigh out the sifted flour, put into a large bowl, and break the egg into a hole made in the flour; work it in handling as little as possible. Add the ice-water, making a soft paste, and roll out. Divide the butter into 6 parts, break 1 part into bits, and put on the paste. Dust with flour, fold paste from the sides to the center, and then in 3 layers. Turn the sides round and roll out thin; break another

part of the butter into bits and repeat the former process. In a similar way use the remaining parts of the butter, and after the final rolling and folding, set it in the ice box for 1 hour before using. Roll the upper crust of the pie quite thick, and if a flat earthen plate is used lay two narrow strips of paste on the lower crust around the edge of the plate. The pie will be as nice if a plainer paste is used for the lower crust. This recipe makes nice tarts and patties.

All puff paste requires a strong, steady heat to bake it nicely.

PUFF PASTE—2.

$\frac{3}{4}$ pound butter,	$\frac{1}{2}$ teaspoon cream of tartar,
1 pound sifted flour,	Ice-water.

Free the butter from salt by working it in water, form it into a square lump, and place on ice to harden. Put the flour into a bowl, and rub 2 ounces of butter very thoroughly into it; use enough water to make this of the consistency of the butter. Place the paste on the board, dusting it under and over with flour, and roll out in a piece 12 inches long by 6 wide; flour the butter well, and roll in a sheet 8 inches long and 5 wide. Place the sheet of butter on the paste, leaving one-half inch at the top and sides uncovered, and a large space at the bottom; mix cream of tartar with twice the quantity of flour, and sprinkle it evenly over the butter; fold the large part of the paste not covered with butter over on the butter, fold the other part with the butter on it over that, to make 3 layers of dough and 2 of butter. Roll out to its original size, dust with flour, fold it as before, roll out again, dust with flour, and fold again; repeat twice more, giving it 4 rollings and foldings; when rolled for the last time, cut it through in 2 even pieces, and place one on the other, and the paste is ready for use. In warm weather it is necessary to place it in a cool place after every second rolling, in very warm weather after each rolling, and sometimes on ice.

PUFF PASTE—3.

3 pints flour,	2 eggs, yolks,
3 teacups butter,	A little salt.

Sift the flour; make a hole in the center, add the well-beaten yolks and enough cold water to make a soft paste. Dredge the board with flour, roll out the paste, being careful to flour the roll-

ing pin and the hands. Lift the rolled paste to make sure that it does not stick. Knead the butter until it is soft and divide into 6 parts. Spread one part on the paste, fold the edges till they touch one another, roll out, spread on another part of the butter, roll again, and repeat until all the butter is used. Roll this up and lay it over ice until nearly frozen, or put it in a cold cellar.

GOOD PASTE—1.

1 cup lard,	1 cup butter,
A little salt,	2 eggs, whites,
5 cups flour.	

Work lard and butter lightly into the flour, beat whites of eggs in the water used for mixing, add a piece of soda size of a small pea and mix. Handle as little as possible. For the upper crust, roll in a little more butter.

GOOD PASTE—2.

1 pound sifted flour,	$\frac{1}{2}$ pound lard,
$\frac{1}{2}$ pound butter,	1 cup water,
$\frac{1}{2}$ teaspoon salt.	

Rub or cut the shortening into the flour, leaving out a little of the butter; mix with a knife while adding the water; roll out into a thin sheet, having board and pin well floured; cut the remainder of the butter into little pieces and spread one-half on the paste, dredge with flour, roll up, and cut in halves; divide one of these into 3 parts, roll these out and cover as many pie plates. Take the other half and dot with the bits of butter; dust with flour, fold from the sides toward the center, roll thin, fold in 3 layers, and cut into 3 equal parts; flour the ends, roll out and cover the pies.

POTATO PASTE.

3 cups sifted flour,	2 tablespoons butter,
1 cup mashed potato,	$\frac{1}{2}$ teaspoon salt,
Ice-water or milk.	

Put the potato through a colander, and mix with the flour, butter and salt, adding enough liquid for a stiff paste. Roll out and use for meat pies.

SUET PASTE.

$2\frac{1}{2}$ cups sifted flour,	1 cup cold water,
1 cup suet, chopped fine,	1 teaspoon salt,
$\frac{1}{2}$ teaspoon baking powder.	

Put the salt and baking powder into the flour, adding the suet

from which every bit of fibre has been removed. Rub all together with the hands, and add water sufficient to make a firm, soft dough. Roll out. Nice for apple dumplings or meat pies.

APPLE PIE—1.

Select sound, tart apples; pare and core without breaking them, allowing 4 for each pie. Put in a stewpan with a little lemon juice, a strip of yellow peel, some sugar and enough water to cook until they can be easily pierced. Quarter more apples, put them in another stewpan with lemon juice, peel, sugar, and enough water to cover; stew these to a jam. Add a lump of butter and one-fourth the bulk of the apple in peach marmalade; rub all through a colander. Line pie plates with good paste; put on the bottom a layer of apple jam, set 4 whole apples in each pie, fill the cavities in the apples and the spaces between with the marmalade. Put strips of the crust, one-half inch wide, in a lattice-work across the top between the apples, and trim the edge neatly with 1 or more layers of notched paste. Bake in a quick oven 20 minutes. See that it bakes evenly. Serve with cream.

APPLE PIE—2.

Tart apples,	1 teaspoon cinnamon,
$\frac{3}{4}$ cup sugar,	Small bits of butter,
	1 tablespoon water.

Line a deep plate with crust, sprinkle with sugar and flour, fill with sliced apples; add sugar, cinnamon, butter, and water. Cover with pastry, and bake from 30 to 45 minutes. Or, line pans with crust, fill with sliced apples, cover with paste and bake; take off cover, put in sugar, bits of butter and seasoning; replace crust and serve warm. It is delicious eaten with sweetened cream. Crab apple pie, if made of "transcendents," will fully equal those made from larger varieties of apples, but will require a full cup of sugar to each pie.

APPLE COBBLER.

6 large apples,	1 cup sugar,
1 teaspoon cinnamon,	$\frac{1}{4}$ teaspoon cloves.

Pare and core the apples, and cut each into 8 pieces. Lay in a deep plate lined with paste, add sugar, spice and a little water. Cover with puff paste, and bake slowly for 1 hour. Serve with

cream, or a sauce. Peach cobbler is made in a similar way, but the spices are omitted.

APPLE CUSTARD PIE.

1 cup sugar,	Sour apples,
3 tablespoons butter,	2 eggs,
1 teaspoon cinnamon.	

Peel, core and stew the apples. Rub through a colander and to $1\frac{1}{2}$ cups of apple add the other ingredients. Beat well together. Bake with only one crust, using the whites of the eggs with 2 tablespoons of sugar for a meringue. Brown nicely by returning it to the oven for a short time. Or, to 1 cup of strained apple add 1 cup each of sugar and cream, and 1 well-beaten egg; mix in the given order. Flavor to taste, and bake 30 minutes in a moderate oven.

DRIED APPLE PIE—1.

Stew dried apples with a little lemon peel till soft, sweeten to taste, add a slice or two of lemon, put through a coarse sieve, stir in a beaten egg, add a piece of butter, and bake with 2 crusts.

DRIED APPLE PIE—2.

1 quart dried apple sauce,	1 cup raisins,
2 cups sugar,	4 tablespoons melted butter,
Flavor with nutmeg or lemon.	

Press the dried apple sauce through a sieve, add the other ingredients, bake in 2 crusts and serve warm.

DRIED APPLE PIE—3.

$\frac{3}{8}$ teacup mashed apple,	1 egg,
1 cup sweet cream,	Sugar to taste,
Flavor with lemon.	

Beat the apple and egg together 3 minutes, add the cream and sugar and beat 2 minutes. This makes 1 pie: bake with 2 crusts.

APPLE MERINGUE PIE.

Cook tart and juicy apples, put through a colander, add sugar, and flavor to taste; fill the crust and bake. When done cover the apple with a meringue made of the well-beaten whites of 3 eggs and 3 tablespoons sugar. Put into a quick oven till the meringue is "set," and eat cold. In their season substitute peaches for apples.

BERRY PIES.

Line a deep plate with crust, fill with alternate layers of clean fruit and sugar, using more or less sugar according to the acidity of the fruit; add 1 tablespoon of flour if the fruit is very juicy. Fill the crust to the top, and if a very deep dish is used, invert a cup in the middle. Cover with crust, and bake 45 minutes in a moderate oven. If huckleberries are used, a little lemon and ginger improves the flavor; if blackberries, cinnamon and ginger are preferable.

BLUEBERRY PIE.

Stew the blueberries with sugar, and when done add a very little lemon juice. Do not use them until cold. Take rich pastry for both crusts, and before putting on the upper crust, sprinkle 1 tablespoon of flour on the fruit, and dot with bits of butter. Bake in a quick oven.

CHERRY PIES.

These may be made of fresh, canned, preserved, or dried cherries. No flavoring is necessary. If fresh cherries are used they should first be pitted, and sprinkled with sugar. The pies are often made with two crusts; but where the fruit is cooked, only one crust may be used, and a frosting added. Dried cherries should be stewed before using. Put them to cook in cold water for a few hours, and then let them cook slowly till done.

CHERRY PIE—1.

The best pies are made from the common, sour, red cherry. Line a deep plate with good pastry, fill with cherries, carefully picked over, and sugar, in alternate layers. Shake over the cherries 1 tablespoon of flour, cover with paste and bake from 45 to 60 minutes in a moderate oven. Serve cold with sifted sugar on the top.

CHERRY PIE—2.

1 teaspoon cornstarch,	1 tablespoon butter,
1 quart cherries,	2 cups sugar.

Line a deep plate with rich crust; nearly fill with carefully pitted fruit, add sugar and the butter cut in small bits, sprinkling the cornstarch over all; wet the edge of the crust, cover with paste, and press the edges closely together, taking care to provide

holes in the center for the escape of the air. Pies from blackberries, raspberries and other fruits are made in the same way, regulating the quantity of the sugar by the tartness of the fruit.

CHOCOLATE PIE—1.

1 pint sweet milk,	2 tablespoons grated chocolate,
$\frac{3}{4}$ cup sugar,	3 eggs,
	Teaspoon vanilla.

Heat the chocolate and milk together; let it partly cool, add the sugar and eggs beaten to a cream, saving out whites of 2 for frosting; add the vanilla. Bake with 1 crust. Whip whites of eggs to a stiff froth, with 2 small tablespoons powdered sugar. Spread on the pie and brown delicately.

CHOCOLATE PIE—2.

Melt 3 tablespoons of grated chocolate, being careful that it does not cook. Beat the white of 1 egg and 2 tablespoons of sugar thoroughly, and stir into it the melted chocolate. Spread this on the top of a custard. Vanilla flavoring can be used with the chocolate if desired.

CINNAMON FLAKES.

Puff Paste,	Jelly,
Cinnamon,	Sugar.

Take puff paste and roll out in circles or squares one-fourth inch in thickness. With the broad edge of a knife blade cross the surface with lines to form diamonds. Spread with jelly or jam. Sift on sugar, and sprinkle well with cinnamon. Lay on floured pans or flat tin sheets. Let the oven be of a strong, steady heat, and bake thoroughly. This makes a very pretty dish for lunch or dessert.

COCOANUT PIE.

1 pint milk,	1 cocoanut, grated,
1 teacup sugar,	3 eggs.

Mix cocoanut with yolks of eggs and sugar. Stir in the milk, filling the pan even full, and bake. Beat whites of eggs to a froth, stir in 3 tablespoons of powdered sugar, pour over pie and bake to a light brown. If prepared cocoanut is used, 1 heaping teacup is required.

CORNSTARCH PIE.

1 quart milk,	2 eggs,
2 tablespoons cornstarch,	2 cups sugar.

Mix starch in a little milk, boil the rest of the milk; beat the yolks of eggs and add starch, put in the boiled milk and add sugar. Bake with an under crust, beat whites with 2 tablespoons sugar and put on top of pies. Return to oven and brown.

CRACKER PIE.

2 large Boston crackers, rolled fine,	2 cups hot water,
1½ cups sugar	2 lemons, juice, and 1 grated rind,
2 eggs,	A pinch of salt,
Nutmeg,	Small piece of butter.

Pour water on the crackers, add sugar and eggs well beaten, salt, lemons, and a little grated nutmeg. Line 2 plates with good paste, fill, put on bits of butter before laying on the upper crust. Bake 30 minutes.

CRANBERRY PIE—1.

1 large cup cranberries, heaping,	½ cup water,
1 large cup sugar,	1 tablespoon flour,
Butter.	

Halve fine, firm, ripe cranberries, pour them into a mixing bowl, and add sugar, flour, and water. Mix all well together, and put into a pie plate lined with rich paste. Dot with bits of butter, cover with an upper crust, and bake in a moderate oven.

CRANBERRY PIE—2.

1 quart cranberries,	1 pint water,
2 cups sugar,	½ cup sifted flour.

Stew cranberries in the water till tender; while warm stir in the sugar and flour. Line deep tins with paste and pour in the berries. Lay narrow strips of paste criss-cross on the top and bake. Or, sprinkle sugar on the bottom of a pie plate, put a thick layer of fresh cranberries, a little flour, a small piece of butter, and a spoonful of water, then cover with a crust. When the pie is baked, put a plate over the top of the pie and turn it quickly upside down, and thus secure a well-baked under crust. Ice it over the top with frosting made as for cake.

upon which distribute the currants evenly. Beat the sugar and yolks of eggs thoroughly together and pour over the pie. Bake 15 or 20 minutes. Whip the whites of eggs to a stiff froth, add 2 tablespoons powdered sugar, spread evenly over the pie, return to the oven and brown slightly.

GREEN CURRANT PIE.

Line a deep plate with paste. Fill with currants and sugar in alternate layers, using at least two-thirds as much sugar as fruit. Heap the fruit, as it shrinks in cooking, and shake over the top 1 tablespoon of flour. Cover with a top crust, pricked or siit, and bake in a moderate oven from 30 to 45 minutes.

CUSTARD PIE—1.

1 pint milk,	3 eggs,
3 tablespoons sugar,	A little salt,

Flavoring to taste.

Scald the milk over hot water; beat eggs, sugar and salt together, and pour slowly over them the scalded milk. Take a pie plate, at least 1 inch deep, line with nice pastry and fill with the custard. Bake in a moderately quick oven. If nutmeg is used, grate over the custard before putting into the oven. Or, make a custard by mixing one-half tablespoon cornstarch with 1 tablespoon of milk, and thicken the boiling milk; after cooking, pour it over 2 beaten eggs, and finish as above.

CUSTARD PIE—2.

1 quart rich milk,	5 eggs,
5 tablespoons sugar,	A little salt.

Heat milk in a tin pan set in a kettle of hot water; beat the sugar and eggs, and pour in the milk; flavor to taste and bake. Cook slowly so as not to boil, as that spoils it. Test with a knife; when done it will not stick to the blade. Without the crust, this makes a delicious baked custard, baked in a deep pan.

WILD GRAPE PIE.

Delicious pies can be made of wild grapes. Pick them from the stem, run them through a sieve to get out the seeds and skins. Add a cup of sugar to every quart of the pulp and cook them 15 minutes, then can them. When wanted for pies, line the plate with crust, put in a little sugar and a dust of cinnamon, fill the plate half full of the grapes, and put strips of paste across the

top. If two crusts are used, the pie is apt to leak. Grapes put up in this way are also very nice in the winter for mince pies.

GRANGER PIE.

1 cup fine bread crumbs,	1 cup hot water,
1 cup molasses,	1 cup raisins,
1 cup currants,	$\frac{1}{2}$ cup butter,
$\frac{1}{2}$ cup sugar,	Spices of all kinds.

Bake with 2 crusts, or with 1, and frost the top; afterward place dots of crimson jelly upon the frosting.

HUCKLEBERRY PIE.

Make crust as for any berry pie; fill with nicely prepared berries, sprinkle with flour and sugar. Add a little water and 2 tablespoons currant juice. Add a top crust and bake well.

LEMON PIE—1.

$1\frac{1}{2}$ cups sugar,	2 tablespoons flour,
1 cup water,	4 eggs,
1 large or 2 small lemons.	

Beat the yolks of eggs very smooth, add the grated lemon peel and the sugar, stir in the flour and water; beat well and pour into 2 plates lined with paste. When baked, take from the oven, and spread over them the whites of the eggs beaten dry and smooth with 4 tablespoons pulverized sugar; return to the oven and brown slightly.

LEMON PIE—2.

1 cup milk,	8 large tablespoons brown sugar,
1 cup hot water,	5 tablespoons powdered sugar,
2 small lemons,	5 eggs.

Beat the yolks of eggs and the brown sugar together and stir into the hot water and milk. Cook like custard, and add the juice and grated rind of the lemons just before taking from the fire. Line 2 plates with rich paste, fill and bake. When baked, cover with a meringue made of the whites of eggs and powdered sugar. Brown lightly.

LEMON PIE—3.

2 eggs,	1 cup sugar,
1 cup sweet cream,	2 tablespoons melted butter,
2 tablespoons flour,	1 lemon, grated.

Bake with an under crust in a moderate oven.

LEMON PIE—4.

1 lemon,	1 cup raisins,
1 cup water,	2 tablespoons flour,
1 cup sugar,	A pinch of salt.

Peel the lemon, cut it in thin slices, add raisins and water, let it boil until lemon can be cut with a spoon. Add the flour, mixed smooth with a little cold water, sugar and salt, stir constantly until it is thick. Bake with 2 crusts.

LEMON CREAM PIE.

1½ lemons,	1 cup sugar,
2 eggs,	1½ tablespoons cornstarch,
	1 cup boiling water.

Grate the peel, add the sugar, and squeeze the juice over it, then the beaten yolks, and the cornstarch dissolved in a little water; mix thoroughly, pour over all the boiling water and cook like custard. Bake the crust, and when the custard is nearly cold, pour it in; beat the whites, adding gradually 2 tablespoons of sugar, cover the pie and brown lightly in the oven.

MARLBORO PIE.

1 cup sifted apple,	½ cup sugar,
1½ cups rich milk,	2 eggs,

Flavor to taste.

Beat the yolks of eggs and sugar together, and stir into the apple; add the milk, heated, the flavoring, and last the well-beaten whites. Bake with a rich under crust. Or, make a meringue of the whites, add to the pie when baked and brown lightly.

MINCE MEAT—1.

2 pounds beef,	2 pounds currants,
2 pounds raisins,	1 pound citron,
2 pounds beef suet,	1 pound candied lemon peel,
4 pounds apples,	2 pounds Sultana raisins,
3 pounds sugar,	2 nutmegs, grated,
½ ounce cloves,	1 ounce cinnamon,
¼ ounce mace,	1 teaspoon salt,
Saltspoon pepper,	2 lemons, juice and rind,
2 oranges, juice and rind,	1 quart grape juice,
	2 tablespoons powdered coffee.

Simmer the meat gently till tender; when perfectly cold chop fine. Stone the raisins, shred the citron, pare, core and chop the apples and suet fine. Mix the dry ingredients, and add the juice

and rind of the oranges and lemons ; pour over the grape juice and heat. Pack in a stone jar, cover closely and keep cool. This mince meat will keep all winter.

MINCE MEAT—2.

3 pounds boiled beef,	1 pound suet,
3 pounds brown sugar,	6 pounds apples,
2 pounds raisins,	1½ pounds currants,
1 pound citron,	½ teaspoon mace,
1 nutmeg, grated,	Allspice and cinnamon to taste.

Chop fine the meat, suet, and apples, add the seasoning, and the sliced citron, pour over enough boiled cider to make a thick batter and warm thoroughly.

MINCE MEAT—3.

1 quart chopped meat, neck piece,	3 pints chopped apples,
1 pint chopped cranberries,	2 cups molasses,
3 cups sugar,	¼ pound chopped suet,
1 cup butter,	1 nutmeg,
2 teaspoons cinnamon,	1 teaspoon cloves,
1 teaspoon allspice,	1 pound stoned raisins,
1 pound currants,	½ pound finely-chopped citron,
1 teaspoon salt,	½ teaspoon pepper,

2 cups wild grape juice.

Great care should be taken in preparing the meat ; boil slowly until perfectly tender ; when done let it stand till cold. Pick bones, gristle or stringy bits from the meat and mince very fine. Mix with the other ingredients, boil and pack away in jars.

MINCE MEAT—4.

1 fresh tongue,	4 pounds raisins,
4 pounds currants,	4 pounds apples,
2 pounds suet,	3 pounds brown sugar,
1 pound sliced citron,	1 pound candied lemon peel,
1 quart boiled cider,	2 tablespoons cinnamon,
1 tablespoon cloves,	1 nutmeg, grated fine,
½ teaspoon mace,	1 saltspoon pepper.

Boil and mince the tongue, wash the currants, stone the raisins, pare and chop the apples, free the suet from fibre and chop. Mix all together and heat slowly till it comes to a boil. Pack away in crocks with close-fitting lids. It will be ready for use in two weeks. Use puff paste in making the pies.

MOCK MINCE PIE—1.

4 Boston crackers, broken up fine, 1 cup sugar,
 1 cup molasses, 1 cup fruit juice or vinegar,
 1 cup water, $\frac{3}{8}$ cup butter,
 1 cup chopped raisins, 2 eggs beaten and stirred in last,
 Spice to taste.

MOCK MINCE PIE—2.

12 crackers rolled fine, 1 cup hot water,
 $\frac{1}{2}$ cup vinegar, 1 cup molasses,
 1 cup sugar, 1 cup currants,
 1 cup raisins, Spice to taste,
 1 cup butter.

Measure with a teacup. Some use bread crumbs instead of the crackers.

ORANGE PIE—1.

2 oranges, grated rind and juice, 4 eggs,
 4 tablespoons sugar, 1 tablespoon butter.

Cream butter and sugar, add the beaten yolks of eggs, the rind and juice of the oranges, and last the whites of the eggs beaten to a froth. Mix lightly, and bake with an under crust.

ORANGE PIE—2.

4 oranges, 1 cup sugar,
 1 quart hot milk, 3 eggs,
 2 tablespoons cornstarch.

Peel and seed the oranges, cut in small pieces, add sugar and let stand 15 minutes. Heat the milk, and stir into it the beaten eggs and cornstarch mixed with a little cold water. Cook a few minutes, and let cool; then mix with the oranges. Bake with 1 crust. Make a frosting with the whites of the eggs and 1 cup of powdered sugar, and brown lightly in a quick oven.

ORANGE PIE—3.

2 cups water, 1 cup sugar,
 1 tablespoon butter, 2 oranges, grated rind and juice,
 Juice of 1 lemon.

Thicken with cornstarch and fill tart shells previously baked. Flavor some frosting with orange juice and ice the top of each. Very nice for a cold dessert or as an addition to a dinner.

PEACH PIE—1.

2 tablespoons flour, 1 cup sugar,
 Peaches.

Line a deep pie pan with rich paste. Peel, halve and stone

peaches enough to fill the pan ; sprinkle flour and sugar over them, fill the pan with thick, sweet cream and bake until done.

PEACH PIE—2.

$\frac{3}{8}$ cup sugar,	1 tablespoon flour,
2 tablespoons butter,	2 or 3 peach pits.

Select large, ripe peaches ; pour boiling water over them, peel and cut in quarters, or, if large, in eight pieces ; crack the pits and put the meats in the pie to flavor it ; mix the flour and sugar together ; lay the peaches in and sprinkle the sugar over them, adding the butter. Be sure to wet the edges of the lower crust before putting on the upper crust to keep the juice from leaking. For the crust, use as much lard and butter as ice-cold water. Put in a pinch of salt, mix the shortening well through the flour with a knife before adding the water.

PEACH PIE—3.

Line a deep plate with puff paste, fill with pared peaches, halved or quartered, well covered with sugar ; put on upper crust and bake ; or, make as above without upper crust, bake until done, remove from the oven, and cover with a frosting made of the whites of 2 eggs, beaten to a stiff froth with 2 tablespoons powdered sugar ; return to the oven and brown slightly. Canned peaches may be used in the same way.

DRIED PEACH PIE.

Stew peaches until perfectly soft, mash fine, and add, for two pies, half a cup sweet cream, and 1 cup sugar ; bake with 2 crusts. Or, omit cream, and add half a cup boiling water, and butter the size of a hickory nut.

PINEAPPLE PIE.

1 cup sugar,	$\frac{1}{2}$ cup butter,
1 cup sweet cream,	5 eggs,
1 pineapple, grated.	

Beat the butter and sugar to a cream, add the beaten yolks of eggs, the pineapple, cream, and last, the beaten whites, whipped in lightly. Bake with under crust only.

PLUM COBLER.

1 quart flour,	4 tablespoons melted lard,
$\frac{1}{2}$ teaspoon salt,	2 teaspoons baking powder.

Mix as for biscuit with either sweet milk or water, roll thin and

line a pudding dish or dripping pan, 9 by 18 inches; mix 3 table-spoons of flour and 2 of sugar together and sprinkle over the crust; pour in 3 pints canned damson plums and sprinkle over them 1 coffeecup sugar; wet the edges with a little flour and water mixed, put on upper crust, press the edges together, cut 2 incisions at right angles an inch in length, and bake in a quick oven one-half hour. Peaches, apples, or any kind of fresh or canned fruit, can be used in the same way.

POTATO PIE.

1 teacup grated raw potato,	1 quart sweet milk,
3 eggs, well beaten,	Sugar and nutmeg to taste.

Let the milk boil and stir in the grated potato; when cool, add the eggs, sugar and spice; bake with 1 crust. Eat the day it is baked. This recipe is for two pies.

SWEET POTATO PIE.

1 pound mashed sweet potatoes,	$\frac{1}{2}$ cup sugar,
1 cup cream,	$\frac{1}{4}$ pound butter,
4 eggs,	Any flavoring liked.

Beat the eggs light, mix thoroughly and bake in 1 crust.

PRUNE PIE.

3 cups prunes,	1 cup sugar,
1 lemon, juice and grated rind.	

Stew, stone and mash the prunes; add the sugar and lemon. Have the mixture juicy, and bake with 2 crusts.

PUMPKIN PIE—1.

1 cup pumpkin,	2 eggs,
1 cup sugar,	1 saltspoon salt,
$\frac{1}{2}$ pint cream,	1 large teaspoon cinnamon,
$\frac{1}{2}$ pint milk,	$\frac{1}{2}$ teaspoon ginger.

Select a fine-grained, sweet pumpkin, pare, take out the seeds, cut in small pieces, and stew carefully till all the water is evaporated, stirring well to prevent scorching. When dry, it cannot be too dry, sift, and make up into pies. Beat the sugar, eggs and spices together, adding the salt. The sweetness of the pumpkin will regulate the necessary amount of sugar. Let the pumpkin be warm, and the milk hot. Mix the ingredients together, adding last the cream and milk, and a little extra milk if the mixture is too thick. This makes two pies.

PUMPKIN PIE—2.

1 pint pumpkin, sifted,	4 teaspoons cinnamon,
4 eggs,	3 cups sugar,
3 pints new milk,	1 teaspoon ginger,
A little butter,	Salt.

Warm the pumpkin, and stir in the salt, spices, sugar, and well-beaten eggs. Mix and add the milk heated sufficiently to melt the butter. This quantity makes two large pies.

PUMPKIN PIE—3.

$\frac{1}{2}$ pint milk, good measure,	1 egg,
1 large tablespoon sifted pumpkin,	$\frac{1}{2}$ tablespoon flour,
$\frac{1}{2}$ cup sugar,	$\frac{1}{2}$ teaspoon ginger,
Salt,	2 teaspoons cinnamon.

Beat together the pumpkin, flour and spices; add the sugar and well-beaten egg. Add milk and stir all together. This makes one pie.

RAISIN PIE.

1 pound raisins, boiled an hour,	Juice of 1 lemon,
1 cup sugar,	1 teaspoon melted butter.

Bake with 2 crusts. This is sufficient for two pies. The pies should be as juicy as apple pies when baked, and, if preferred, 2 tablespoons of flour may be added to the ingredients.

RASPBERRY PIE—1.

1 pint raspberries,	$\frac{3}{8}$ cup sugar,
A little flour,	1 tablespoon butter.

Line the pan with good crust and fill with the berries; spread over them the sugar, flour and small bits of butter. Wet the edge of the crust, put on the upper crust and pinch the edges closely together. Cut holes in the upper crust to allow the air to escape. Bake one-half hour.

RASPBERRY PIE—2.

Line pie tins with plain crust, sprinkling flour thickly over the bottom, and if dried raspberries are used, they must previously be soaked in water until of the original size; fill with the berries, dredge on flour, spread thickly with sugar, add a few bits of butter, and cover with an upper crust. If a richer pie is desired, omit the top crust, and pour over 1 cup of whipped sweet cream. Bake quickly.

RHUBARB LEMON PIE.

1 cup stewed pieplant,	1 cup sugar,
1 lemon,	3 eggs.

Mix all the ingredients together, leaving out the white of 1 egg to be beaten with 2 tablespoons of sugar for frosting. After the pie has baked, frost and brown lightly in the oven.

RHUBARB PIE—1.

1 cup stewed rhubarb,	1 cup sugar,
2 eggs,	1 tablespoon cornstarch.

Cook over hot water till it thickens and put in a previously baked crust. Beat the whites of 2 eggs, add 1 tablespoon sugar and 1 teaspoon lemon extract; spread over the pie and brown.

RHUBARB PIE—2.

Butter,	$\frac{1}{2}$ cup strawberries,
1 large coffeecup sugar,	1 tablespoon flour,

Rhubarb.

Wash and peel the rhubarb, cut it up in inch pieces and pour on boiling water; let stand on the back of the stove till it turns white; line pie tin with rich crust, sprinkle on sugar and flour, put in rhubarb, more sugar and flour, and add the strawberries; add dots of butter with the rest of the flour and sugar; cover with crust and bake.

RHUBARB PIE—3.

$1\frac{1}{2}$ cups sugar,	1 teaspoon flour,
1 lemon, grated rind and juice,	2 eggs.

Sprinkle one-half cup sugar and the flour over the bottom crust, and add the pieplant cut up fine; sprinkle over this the rest of the sugar and flour; bake fully three-quarters of an hour in a slow oven. Or, stew the pieplant, sweeten, add the grated rind and juice of the lemon and the yolks of eggs; bake and frost like lemon pie.

RHUBARB PIE—4.

Fill a very deep pie plate or shallow earthenware pudding dish with rhubarb, sprinkle with sugar, and add a little water; mix a batter with 1 cup of sour cream, a teaspoon of salt and 1 of soda dissolved in boiling water and added the last thing, with flour to make it rather thick. Spread it over the fruit, covering it completely, and bake in a quick oven. As soon as done, turn a plate over the top and hold firmly while deftly turning the pie bottom

upwards upon it, so that it lays nicely on the plate, fruit side up. Now spread with butter, sprinkle with a little more sugar, grate nutmeg over it and serve each piece in a saucer with plenty of cream. Tart apples also make a delicious pie of this kind.

SCHMIER-KÄSE PIE.

1 pint schmier-käse,	3 eggs,
1 cup sugar,	1 teaspoon melted butter,
Juice and rind of 1 lemon,	2 tablespoons cream.

Rub the cheese through a colander; beat the eggs thoroughly, and add with the rest of the ingredients to the cheese. Beat smooth and pour into plates lined with rich paste. Bake 30 minutes in a quick oven. Or, line patty-pans with paste, fill with the mixture and bake 15 minutes.

SQUASH PIE—1.

3 eggs,	1 cup sugar,
1 pint milk,	1 cup sifted squash,
1 teaspoon cinnamon,	$\frac{1}{4}$ teaspoon nutmeg.

Prepare the squash as for the table and, while warm, stir into it the well-beaten eggs, sugar and spices. Mix thoroughly with warm, rich milk. This makes two small pies.

SQUASH PIE—2.

1 teacup squash	1 egg,
$\frac{1}{2}$ cup sugar,	1 teaspoon flour,
Spices to taste.	

Boil the squash until well done; add a little salt and press through a coarse sieve. Add the other ingredients and thin with hot milk. Line a pie plate with paste, fill with the mixture and bake. Sweet cream or a small piece of butter adds to the flavor of the pie.

STRAWBERRY PIE.

Prepare the fresh fruit, cover a deep plate with a good paste, fill very full of berries, sprinkling liberally with sugar, cover with a top crust and bake.

TRANSPARENT PIE.

3 eggs,	2 tablespoons sugar,
1 cup rich cream,	3 tablespoons jelly,
Flavor with lemon.	

Beat the eggs and sugar together thoroughly, and add the jelly

while beating. Stir in the cream, adding the flavoring just before baking. Bake with lower crust.

TOMATO PIE.

Green tomatoes,	4 tablespoons vinegar,
1 tablespoon butter,	3 tablespoons sugar,

Flavor with nutmeg or cinnamon.

Peel and slice the tomatoes, lay in a deep plate lined with rich paste; add the other ingredients, cover and bake slowly. This tastes very much like green apple pie.

VINEGAR PIE.

1 cup molasses,	1 cup sugar,
1 cup vinegar,	1 cup flour,
3 cups water,	Flavor with lemon.

Boil all together, cool, and bake as custard pie.

TARTS.

Roll out nice puff paste, a little thicker than for pies, cut tarts with a glass, or biscuit cutter; with a smaller glass cut out the center of 2 or 3 of these, lay the rings thus made on the third, and bake immediately; or shells may be made by lining patty pans with paste. If the paste is light, the shells will be fine, and may be used for tarts or oyster patties. Filled with jelly, covered with a meringue made of 1 tablespoon of sugar to the white of 1 egg, and browned in the oven, they are very nice to serve for tea.

APPLE TARTS.

10 large, tart apples,	2 lemons,
1½ cups sugar,	½ cup butter,

6 eggs.

Pare, quarter, core, and boil the apples in one-half cup of water; sift, beat smooth, and add the beaten yolks of eggs, the juice and grated rind of the lemons, butter and sugar; if not sweet enough, use more sugar; beat all thoroughly, line little tart-tins with puff paste, fill with the mixture, and bake 5 minutes in a hot oven. Take the whites of the eggs, mix with 6 tablespoons powdered sugar, spread on tarts, return to the oven and brown slightly.

For almond tarts, beat to a cream the yolks of 3 eggs and a quarter of a pound of sugar, add half a pound of shelled almonds pounded slightly, put in tart-tins lined with puff paste; bake 8 minutes.

For cocoanut tarts, dissolve half a pound of sugar in quarter of a pint water, add half a grated cocoanut, and boil slowly for a few minutes; when cold, add the well-beaten yolks of 3 eggs and the white of 1; beat all well together, and pour into patty pans lined with a rich crust; bake a few minutes.

When removed from oven, cover the tarts with a meringue made of the whites of the 3 eggs, mixed with 3 tablespoons sugar; return to the oven and brown delicately.

ORNAMENTAL PASTRY.

This department furnishes a few recipes which can be used to advantage in the preparation of more than ordinarily elaborate dishes.

SUET PASTE.

$\frac{3}{4}$ pound beef suet,
1 pound flour,

Salt,
Water.

Divest the suet of all loose skin and blood spots, shred it with a sharp knife in as fine slices as possible, and let it stand in a moderately warm place a few minutes. Make a paste of flour and water, roll out in a sheet, lay on suet to cover the dough, fold, roll, and beat as for pastry. This process must be repeated more times than if butter was used. When rolled enough, proceed as with other pastry. Use for meat or mince pies and meat patties.

FRENCH BUTTER.

$\frac{3}{4}$ pound beef suet,
 $\frac{1}{4}$ pound butter,

$\frac{1}{2}$ teaspoon salt,
2 eggs, yolks.

Remove the skin and blood spots from the suet, place it in a mortar, pound it soft, add the butter and salt, pound in well, then add eggs, work the whole into a smooth mass, and use it in the same quantity and manner as butter in puff paste.

This crust rolled half an inch thick, cut into cakes 2 inches in diameter, washed with eggs, cut across the top with a sharp knife, and baked a rich brown in a moderately hot oven, makes a delicious article for the table.

SHORT PASTE.

1 pound sifted flour,
 $\frac{1}{2}$ teaspoon cream of tartar,

$\frac{1}{2}$ pound butter,
 $\frac{1}{2}$ pint ice-water,

Salt.

Break the butter up very fine in the flour, add the salt and

water with the cream of tartar dissolved in it, and mix into a soft dough. Keep it covered with a damp cloth, or between two plates, and in a cool place. Short paste is very useful from the fact that it is easy to make, and can be kept in better shape, where the shape of the article is an object. It is also better adapted for lining the bottom of paste pans, dishes, etc., as it is firmer than puff paste. Use short paste for all lining or bottom work, and puff paste for all top work. In using puff paste, when there is no short paste, cut out all of the tops first, then take the scraps and roll them, using them for lining and bottoms.

PYRAMID PATTIES.

Take a piece of short paste, or scraps of puff paste, roll out one-fourth of an inch thick, cut the number of pieces required with the same cutter as for open tarts, place them in a baking pan and prick with a fork. Cut a like number, with the same cutter, of the same thickness, from puff paste; wash with egg those cut from the short paste, and place those cut from the puff paste on them, and prick them in the middle. Cut a like number from the puff paste, of the same thickness, with the same cutter; cut the middle out of these with a plain round cutter, $1\frac{1}{2}$ inches in diameter, and place these rings on the other parts. These are now ready to bake. While they are baking, take the piece that comes from the middle of the ring piece, roll it out a little larger, and cut 3 other pieces with a scalloped round cutter, each a size smaller than the others; place them on baking pans, prick, wash with egg, and bake. When these are baked, if the hole is not deep enough for the purpose, remove some of the pastry inside the ring with a knife. To serve these, fill the case, or paste with the hole, with chopped oysters, prepared in white butter sauce, and add the other pastes, beginning with the largest and finishing with the smallest. The pyramid will be 6 inches high. Place small sprigs of parsley between the part containing the oysters and the others, also a piece of parsley on each, and serve. These cases will serve for oysters, lobsters, or chicken. A *vol au vent* is made in precisely the same manner as the above oyster *patés*, but is from eight to twelve times larger, and generally oval in shape. It is usually filled with cold fricassee of fowl or chicken. The fricassee for a *vol au vent* must

be good and well-jellied. Before serving a *vol au vent*, place it on an oval dish and garnish tastefully with aspic jelly, parsley, and cut root flowers. An ordinary size for a *vol au vent* would be a case large enough to hold a fricassee of one large fowl or two chickens.

BEEFSTEAK PIE.

Prepare seasoning of 3 parts salt and 1 part black pepper, with a dash of ground nutmeg; take tender steak, enough to fill the dish, cut up into thin slices, and sprinkle each slice with the above seasoning and chopped parsley; roll it up and pass a small wooden skewer through it. Line a deep dish with paste and fill with the rolls, then add water sufficient to make a good gravy, and lay on the top a few hard boiled eggs, sliced; put on the crust, wash with eggs and bake in a moderate oven; when it has boiled 10 minutes, the whole should be cooked. By adopting this plan the meat will be tender and the gravy much richer than by parboiling the meat prior to baking. Do not bake it too fast. For a simple beefsteak pie, cut the steak into strips about half an inch in thickness, season them, lay them in the dish, add water for gravy, cover with crust and bake.

FANCY OR BOOK SAUSAGE ROLL.

Take a piece of best puff paste, roll out an eighth of an inch thick; cut it in pieces 4 inches square, and lay them on a board. Have the sausage meat ready, and break off in pieces the size of a small egg; roll them out 3 inches long and place 1 piece in the middle of each square of pastry. Wet the edge of the pastry, bring the part farthest away over on the part nearest, one-fourth of an inch from the front edge; wash with egg, but do not let it run down over the sides of the pastry. Give a few shallow cuts with a sharp knife; then cut a leaf of pastry, place in the center, and bake a nice brown. If these are made well the edges will rise up and the roll will look like a book.

BANBURY CAKE.

Take an equal quantity of clean, well-picked currants, granulated sugar and finely-chopped lemon peel and mix all together, adding a flavoring of ginger and cinnamon, and form the whole into a nice paste with good, fresh butter. Take puff paste, roll

out in a sheet one-fourth of an inch thick ; cut in pieces 2 inches square and place a piece of the prepared butter, and currants in the center of each ; take the two corners, the one nearest and the one opposite, bring them up, press them together, and then with the palm of the hand press them down flat. This makes the pieces oval in shape and leaves the two ends which are folded together at liberty to rise ; wash the part that is not folded with water and add as much powdered sugar as it will hold. Bake these in a slow heat. They are very fine and are the real English Banbury.

ECCLES CAKES.

1 cup currants,
1 cup sugar,

Ginger,
Cinnamon,

1 lemon peel, finely chopped.

Clean and pick over the currants, add the sugar, lemon peel, and spices, and mix well together. Take short paste or cuttings of puff paste and roll out one-fourth of an inch thick, cut in pieces 2 inches square and put a teaspoon of the above preparation of currants in the center of each paste ; fold over the edges allowing them to lap a little in the center ; flatten them with the hand and turn them over the folded part down, and with a rolling pin, roll them out until the currants break through. Place on baking pans, give them a few cuts across the top with a knife, wash with milk, or milk and egg, dust with sugar and bake a nice brown in a hot oven. This is a nice eating pastry.

CREAPRECIES.

Line shallow patty pans with scraps of best paste rolled in a sheet, place a piece of bread in each and bake in a cool oven ; when baked, remove the bread and put in a teaspoon of red currant or other jelly, or jam ; cover this with a cheese cake preparation or with a firm custard. Make a meringue, place a tablespoon on each, bringing it up in cone form, sprinkle a little pink sugar on this, return to the oven, and brown them lightly.

FONCHONETTS.

Proceed as for creaprecies. When baked, place an almond macaroon in each, cover the macaroon with half quince and half red currant jelly. Fill a paper cone with meringue, and drop a spoonful in the center on the jelly, then with the meringue in the

cone drop a small cone shaped pile on the center, on what is already on the jelly; drop 5 or 6 cones around it. This will give a circle of cones with one in the center. They should be as large as a twenty-five cent piece and at least one inch in height; return them to the oven to color them. When cold drop a little red currant jelly on the point of each cone. This makes one of the prettiest of fancy pastry dishes, and sets off a table wonderfully well.

PRESERVE PUFFS.

Take sufficient puff paste to make the desired number. Cut and roll out thin to about 6 inches in diameter. Place on it, a little from the center, a teaspoon of raspberry preserves, spread a little, and fold the small part over on the preserve, allowing the top edge to lie back from the front edge at least one-fourth of an inch. This folding forms a half circle. Wash with water, or egg and water, dust with powdered sugar, cut a few deep but short cuts across the top, over the preserve, and bake. The preserve will show through the cuts.

COVENTRY PUFF.

Take scraps of puff paste and roll out into a sheet one-fourth of an inch in thickness. Cut the number of pieces required with a plain round cutter 3 inches in diameter. Roll these out as for preserve puffs; add some fancy preserves, and lap the paste over in 3 folds, so that when it is folded it will form a triangle. Then turn the folded part down on the baking pans, wash with water, or egg and water, dust with powdered sugar, and bake. Do not cut these on the top.

JAM SANDWICHES.

Take a piece of puff paste, after it is fully rolled and folded, roll it out one-fourth inch in thickness and fold it over evenly like a sheet of paper. Roll out an eighth of an inch thick and 12 inches wide; roll this up so as to form a cylinder $2\frac{1}{2}$ inches in diameter; wet the edge so it may not unfold, press it flat until reduced to three-fourths of an inch in thickness; take a sharp knife and cut off slices one-fourth of an inch thick, lay on the pan, cut part down, give them room to spread out and bake. When baked, dust well with powdered sugar, and return to an oven hot enough to melt the sugar, thus giving them a fine glaze. A salamander

held over them will glaze them quicker than an oven. When this is done, spread raspberry jam or jelly on them and stick two together. This makes a pretty dish and is a favorite on French tables.

FRUIT TARTS.

Line small patty pans with short crust, fill them with red currants, black currants, raspberries, or other fruit; heap them high in the center, add powdered sugar, wet the edge of the paste with water, lay on a top cover an eighth of an inch thick, press the 2 edges of the pastry together and with a sharp knife pare off the excess of pastry from the edges of the pans, holding the knife in a slanting position toward the center of the tart or patty; now with the thumb press the paste around the base of the fruit, about half an inch from the edge of the pan; press it hard enough to all but break the paste so as to push the fruit up in a cone in the center; wash with water and bake. The object of pressing the paste so thin around the base of the fruit, is that the juice of the fruit may break through the paste in baking and run around the groove formed by the pressing of the paste, and give a rich and pretty effect.

PUDDINGS.

No ingredient of doubtful quality should enter into the composition of puddings as one bad article will affect all. Puddings are either baked, boiled or steamed. If baked, rice, bread, custard and fruit puddings require a moderate oven, batter and cornstarch a quicker one. A pinch of salt should be added to every pudding, and it should be baked as soon as mixed. Many recipes for baked pudding are as nice boiled, and the general rule is to boil the pudding double the time required for baking. Never allow a pudding to stop boiling, and if water must be added to the kettle avoid pouring it upon the bag or mould. Use a buttered mould or bowl. Cover the first tightly and drop into the boiling water. If a bowl is used, fill three-quarters full with the mixture, and tie over it a thick cloth wrung out of hot water and floured on the inner side. Tie the ends also under the bowl. The pudding-bag should be made of firm drilling, tapering from top to bottom, and rounded

on the corners ; stitch and fell the seams, which should be outside when in use, and sew a tape to the seam, about 3 inches from top. Wring the bag out of hot water, flour the inside well, pour in the pudding, which should be well beaten the instant before pouring, tie securely, leaving room to swell, and place in a kettle with a saucer at the bottom to prevent burning, with enough boiling water to entirely cover the bag ; keep it boiling constantly and fill up carefully when needed. To use a pan, tie a cloth tightly over the rim, bring the ends back together, and pin them over the top of the pan ; the pudding may then be lifted out easily by a strong fork put through the ends or corners of the cloth. For plum puddings, invert the pan when put in the kettle, and the pudding will not become water-soaked. When the pudding is done, give whatever it is boiled in a quick plunge into cold water, and turn out at once, serving immediately. Steaming is nicer than either boiling or baking, as the pudding is sure to be light and wholesome. In steaming use a pan or mould, and cover with a floured cloth, tying it closely over the top. Let the steamer be tightly covered, and allow a little more time than required for boiling. Pudding cloths, however coarse, should never be washed with soap, but in clear, clean water, dried as quickly as possible, and kept dry and out of dust in a drawer or cupboard free from odors. All moulds, bowls or pans used for baking, boiling or steaming must be well-buttered.

Batter puddings should be mixed carefully to avoid lumping, and the flour must be mixed with part of the milk before adding the beaten eggs, or the ingredients will separate in baking. Add the beaten whites of eggs last in making batter and custard puddings. Ordinarily mix the beaten yolks and sugar with the milk before adding the other ingredients.

Eggs should be broken separately into a cup to ascertain their freshness.

Currants should be carefully washed, and dried. Dried fruits should be looked over and washed. Raisins should be washed, dried and stoned. A nice way to do this, is to put the raisins into a bowl, pour on boiling water, cover, and after a few minutes pour off the water, and cut with sharp scissors ; the stones will be easily removed.

In grating lemons and oranges avoid grating into the white portion of the peel.

Suet should be pulled or broken into pieces, sprinkled with flour to avoid sticking, and chopped in a cool place. It is essential that suet, as well as milk, should be perfectly fresh, or the pudding will be unfit for use.

APPLE PUDDING.

1 cup water,	Apples,
1 cup sugar,	Nutmeg,
Butter,	Biscuit dough.

Pare, core and slice apples to fill a bright tin or granite iron pudding dish holding 2 quarts, add water, sugar, some small pieces of butter, and nutmeg. Cover with biscuit dough rolled one-half inch thick, making a small opening in the center to allow the steam to escape. Lay a plate over it with a weight on it. Set the dish on the stove and cook till the apples are done. Adapt sugar and water to the size of the pudding. Serve with cream and sugar. Crab apples are good cooked in this way.

BOILED APPLE DUMPLINGS.

2 cups sour milk,	1 teaspoon soda,
1 teaspoon salt,	$\frac{1}{2}$ cup butter,
1 tablespoon lard,	Flour.

Make a very stiff dough, roll out and cut in circles large enough to incase the apples. Peel and core the apples, fill each cavity with sugar, lay upon a circle of crust, and press the edges of the dough closely together. Put the dumplings into a kettle of slightly salted boiling water, and boil one-half hour. The water must cover the dumplings. These are also nice steamed. For baking use a soft dough, or a good baking powder crust. Place in a shallow pan, bake in a hot oven, and serve with cream and sugar. Or, place in a pan which is 4 or 5 inches deep, and do not have the dumplings touch each other. Pour in hot water, just leaving the top of the dumplings uncovered. To a pan of 4 or 5 dumplings add 1 teacup sugar and one-half teacup butter; bake from 30 to 40 minutes. If the water cooks away, add more. Serve dumplings on a platter, and the liquid as a sauce. Fresh or canned peaches can be used in the same way.

ROLLED APPLE DUMPLINGS.

Peel and chop fine tart apples, make a crust of 1 cup rich buttermilk, 1 teaspoon soda, and flour enough to roll; roll half an inch thick, spread with the apple, sprinkle well with sugar and cinnamon, cut in strips 2 inches wide, roll up like jelly cake, set the rolls in a dripping pan, lay a teaspoon of butter on each, put in a moderate oven, and baste them often with the juice.

APPLE ROLLY-POLY.

Peel, quarter and core sour apples, make a rich soda biscuit dough, or raised biscuit dough may be used if rolled thin, roll half an inch thick, slice the quarters, and lay on the prepared paste or crust, roll up, tuck ends in, prick deeply with a fork, lay in a steamer and place over a kettle of boiling water, cook $1\frac{3}{4}$ hours. Or, wrap in a cloth, tie the ends and baste the sides together, put in a kettle of boiling water, and boil steadily $1\frac{1}{2}$ hours. Cut across in slices and serve with sweetened cream, or butter and sugar. Cherries, dried fruit, any kind of berries, jelly, or apple butter may be used. With the last two add raisins.

BANANA PUDDING.

1 cup sugar,	2 eggs,
1 cup water,	1 heaping tablespoon butter,
2 teaspoons baking powder,	Flour to make a thin, smooth batter.

Bake in two deep tins. Slice 3 bananas, and place between with a sprinkling of sugar. Serve warm with thin cream. One-half of this recipe makes enough for a family of four. A slightly sour sauce flavored with vanilla is a substitute for cream.

BATTER PUDDING.

2 cups milk,	4 eggs,
2 cups flour,	Salt.
1 large teaspoon baking powder,	

Sift the baking powder into the flour, add salt, and if liked a little melted butter, then the milk gradually, stirring carefully, and the well-beaten eggs, yolks and whites separately. This will bake in 50 minutes. If the pudding is to be boiled, make stiffer than for baking, and if fruit is used it must be very stiff. It should not stick to the knife when served. Serve with a rich sauce. The batter is nicer if 6 instead of 4 eggs are used.

BIRD'S-NEST PUDDING.

1 quart milk, Yolks of 6 eggs,
1 teaspoon cinnamon, Sugar.

Pare and core without quartering enough quick-cooking, tart apples to fill a pudding dish. Make a custard of the milk and the beaten yolks of eggs; sweeten, add cinnamon, pour over the apples and bake; when done, use whites of the eggs beaten stiff, with 6 tablespoons white sugar, spread on the custard, brown lightly, and serve either hot or cold. If necessary, apples may be baked a short time before adding the custard.

BLACKBERRY PUDDING.

1 cup sugar, 2 eggs,
1 cup sweet milk, 2 cups flour,
2 teaspoons baking powder.

Place a thin layer of the dough in a deep dish, cover with blackberries and a sprinkling of sugar; add another layer of the dough, and more blackberries and sugar; cover last with dough. Steam 3 hours, and serve with rich cream. Raspberries or cherries may be used instead of blackberries. A few bits of butter among the berries are an improvement.

BREAD PUDDING.

3 eggs, 1 cup sugar,
1 teaspoon soda, $\frac{1}{2}$ saltspoon salt,
 $\frac{1}{2}$ nutmeg, 1 cup raisins,
1 ounce butter.

Fill a pint basin two-thirds full of stale bread, cover with water, place a plate on top to keep the bread under; when soaked soft, mash with a spoon, add the eggs well beaten, sugar, spices and butter; last of all the floured raisins. Butter a pudding dish the size needed; fill and bake slowly 1 hour. Beat the whites of 2 eggs to a froth, add 2 tablespoons sugar, and spread over top when done. Set in the oven to brown a little; serve with or without sauce.

BROWN BETTY.

Pare and slice 6 apples; butter a dish, cover the bottom half an inch deep with bread crumbs, add a lump of butter, then a layer of apples and sugar, with a little nutmeg. Repeat this until the dish is full; then pour over the whole 1 teacup of cold water.

Bake 30 minutes, and serve hot or cold, with or without sauce. Cream is nicer than a butter sauce.

BUTTERCUP PUDDING.

1 quart sweet milk, 3 eggs, yolks,
 ½ cup cornstarch, 2 tablespoons sugar,
 1 tablespoon butter.

Mix the cornstarch smooth in a little of the milk; put the rest in a custard kettle and heat, add the cornstarch, the beaten eggs, sugar and butter. Boil 5 minutes and turn into small cups wet in cold water. When cold, turn out on a fancy plate, and serve with sweet cream flavored with lemon.

CARAMEL PUDDING.

5 tablespoons flour, 1 quart milk,
 8 tablespoons brown sugar.

Brown the sugar in a pan, boil the milk, throw the burned sugar into it, and stir till smooth. Then add the flour mixed with a little cold milk, boil 10 minutes, and pour into a mould. To be eaten cold.

ENGLISH CARROT PUDDING.

1 pound grated carrots ¼ pound chopped suet,
 ½ pound raisins, ½ pound currants,
 4 tablespoons sugar, 8 tablespoons flour,
 Spices to suit the taste.

Mix the ingredients thoroughly, boil 4 hours and dry in a hot oven for 20 minutes.

CHEESE PUDDING.

4 tablespoons fine bread crumbs, 4 tablespoons grated cheese,
 2 eggs, Butter, size of walnut,
 Mustard, pepper and salt to taste.

Butter a deep pie dish and put in all the ingredients except the eggs; then beat the yolks of eggs in a small cup of milk, add the whites beaten to a froth, pour this over the crumbs and bake in a hot oven for 20 minutes.

CHERRY PUDDING.

2 teaspoons baking powder, 2 cups sifted flour
 2 tablespoons cold water, Sweet milk,
 2 cups fresh cherries.

Make a soft dough, roll thin, put on the cherries, wet the edges of the dough and roll up like a roly-poly pudding. Before making

the pudding have a kettle of boiling water on the stove with a steamer over it; then put a clean cloth in the bottom, place the pudding in and steam 1 hour.

CHOCOLATE PUDDING—1.

1 quart rich milk,	1 cup sugar
3 ounces grated chocolate,	5 eggs,
5 tablespoons powdered sugar.	

Scald the milk and chocolate, and when sufficiently cool add the well-beaten yolks of eggs, the sugar, a pinch of salt, and bake. Make a meringue of the whites of eggs and the powdered sugar, lay on the pudding when baked, and brown lightly. Or, boil 1 pint milk, add half cup butter, 1 of sugar, and 3 ounces grated chocolate; pour this over 2 slices of bread soaked in water; cool, add the well-beaten yolks of 4 eggs, and bake. When done, spread over the whites beaten with sugar, and brown in the oven. Serve hot or cold.

CHOCOLATE PUDDING—2.

1 pint sweet milk,	Whites of 3 eggs,
2 tablespoons cornstarch,	5 tablespoons sugar,
1 tablespoon vanilla,	1 cake chocolate,
Pinch of salt.	

Put the milk to boil and when boiling add sugar, also the cornstarch wet smooth in a little cold milk, then the whites of the eggs beaten to a froth. To two-thirds of the mixture, add the grated chocolate and a tablespoon vanilla; let cook a few minutes, then pour into a mould—half the dark, then the light, and the rest of the dark. Serve with cream.

COCOANUT PUDDING.

1 cup sugar,	½ pound grated cocoanut,
6 eggs,	1 pint rich milk,
½ cup stale sponge cake,	2 teaspoons vanilla.

Cream the sugar and yolks of eggs, add the cocoanut, fresh-grated is best, milk, cake crumbs, and the whites of 3 eggs well frothed. Put in the oven and bake 40 minutes. Place on the top of the pudding a meringue made of the whites of 3 eggs beaten stiff, into which has been stirred one-half cup of sugar. Brown slightly and serve.

COCOANUT TAPIOCA PUDDING.

3 tablespoons tapioca,	1 quart new milk,
4 eggs,	1 cup sugar,
3 tablespoons cocoanut.	

Soak the tapioca in water all night, heat the milk, add the tapioca, and cook 10 minutes. Beat the yolks of the egg, the sugar and cocoanut together; stir in, boil 5 minutes, and pour into a pudding dish. Beat the whites to a stiff froth with 4 tablespoons white sugar, pour over the pudding, sprinkle cocoanut over the top and brown delicately in the oven.

COTTAGE PUDDING.

1 cup sugar,	$\frac{1}{2}$ cup butter,
1 egg,	1 cup sweet milk,
$\frac{1}{2}$ teaspoon soda,	1 teaspoon cream of tartar,
3 cups flour,	Flavor to taste.

Mix the cream of tartar with the flour, dissolve the soda in the milk, rub the butter and sugar together, and beat the egg, white and yolk separately. Mix the ingredients and bake 30 minutes. Bake in a shallow pan, and cut in squares. Serve with the following sauce :

3 tablespoons butter,	1 cup sugar,
1 tablespoon flour,	1 pint boiling water.

Wet the flour with a little cold water, add the butter and sugar, pour over boiling water and boil 3 minutes, stirring all the time. After taking from the fire, add one-half teaspoon extract lemon or lemon juice. Nutmeg may be used in place of lemon.

CORNSTARCH PUDDING.

1 pint sweet milk,	3 eggs,
2 tablespoons cornstarch,	3 tablespoons sugar,
$\frac{1}{2}$ saltspoon salt.	

Put the milk in a double boiler or a small bucket, set in a kettle of hot water, and when it reaches the boiling point add the sugar, then the starch dissolved in a little cold milk, and lastly the whites of eggs whipped to a stiff froth; beat it, cook a few minutes, then pour into teacups, filling half full, and set in a cool place. For sauce, make a boiled custard as follows: Bring to the boiling point 1 pint of milk, add 3 tablespoons sugar, then the beaten yolks thinned by adding 1 tablespoon milk, stirring all the time till it thickens; flavor with 1 teaspoon lemon or vanilla, and

cool. In serving, put one of the moulds in a saucer for each person, and pour over it some of the boiled custard. The pudding may be made in one large mould.

To make a chocolate pudding, flavor the above pudding with vanilla, remove two-thirds of it, and add half a cake of chocolate softened, mashed, and dissolved in a little milk. Put a layer of half the white pudding into the mould, then the chocolate, then the rest of the white; or two layers of chocolate may be used with the white between; or the center may be of cocoanut, using half a cocoanut grated fine, and the outside chocolate; or pineapple picked fine (if first cooked in a little water, the latter makes a nice dressing) or strawberries may be used.

CRANBERRY ROLL.

1 cup sour milk,	$\frac{1}{2}$ cup butter,
1 teaspoon soda,	$\frac{1}{2}$ teaspoon salt,

Flour to make a stiff dough.

Roll out in a long sheet, spread thickly with cranberry jam, roll up and steam 3 hours. Serve with sauce, flavored with the juice from a can of cherries.

CREAM PUDDING.

1 pint cream,	3 ounces sugar,
3 eggs,	Nutmeg.

Beat the yolks of eggs and sugar together, add the cream and nutmeg, then the beaten whites, stirring lightly; pour into a buttered plate on which have been sprinkled crumbs of stale bread, to about the thickness of an ordinary crust; sprinkle over the top a layer of bread crumbs and bake. Serve with jelly.

CREAM PUDDING WITH CHERRIES.

$\frac{1}{4}$ pound flour,	$\frac{1}{4}$ pound sugar,
$\frac{1}{4}$ pound butter,	1 quart warm water,

6 eggs.

Stir the flour, sugar and butter into the water, being careful that the flour does not become lumpy. Let it boil to the consistency of custard, then add the eggs, whites and yolks beaten separately, and very stiff. Add a cup of preserved cherries, pour all into a deep pudding dish, set it in a pan of water, put into a hot oven and bake 1 hour.

CURRANT PUDDINGS.

Pour over squares of stale sponge cake, a very sweet custard into which ripe currants have been stirred, and serve at once. Or, stir ripe currants thickly into a rich batter made with eggs, sweet cream and baking powder; pour all into a buttered basin, and steam 1 hour. Or, stir currants thickly into a nice bread pudding. Or, put layers of bread, nicely toasted and buttered, into a basin, with very ripe, sweetened currants between them. Pour over water enough to moisten the bread, and bake the pudding 1 hour, then serve it with sweetened cream. Or, make a sweet Johnny cake, using plenty of eggs and butter. Bake it in a pan so that, when it is done, it will be more than an inch thick. Split it while hot, butter both pieces quickly, then put between them a layer of ripe currants that have stood in sugar for an hour. Serve with sweetened cream.

DELMONICO PUDDING.

1 quart rich milk,	5 eggs,
3 tablespoons cornstarch,	Lemon,
6 tablespoons sugar,	Vanilla,
5 tablespoons powdered sugar.	

Heat the milk in a double boiler, dissolve the cornstarch in a little cold milk, add with beaten yolks of eggs and sugar to the hot milk. Cook 5 minutes, pour into a pudding dish and bake 20 minutes. Just before baking add one-half teaspoon vanilla. Make a meringue of the whites of eggs and powdered sugar. Flavor with one-half teaspoon lemon. Pile on the pudding and brown delicately in a moderate oven. The nicety of the pudding depends on the care with which it is made, and the use of the flavoring.

FIG PUDDING—1.

$\frac{1}{4}$ pound figs,	$\frac{1}{4}$ pound bread crumbs,
$\frac{1}{2}$ cup suet,	1 cup milk,
1 tablespoon sugar,	13 eggs.

Chop the figs and suet fine; add bread crumbs, sugar, eggs, milk, and a little cinnamon and nutmeg. Boil 3 hours. Serve with any sauce.

FIG PUDDING—2.

½ pound figs,	3 ounces butter,
2½ ounces powdered sugar,	2 eggs,
¼ pound grated bread,	1 teacup milk.

Chop the figs fine, mix with the butter, and by degrees add the other ingredients; butter and sprinkle a mould with bread crumbs, pour in the pudding, cover closely, and boil 3 hours. Serve with lemon sauce.

FRUIT PUDDINGS.

Stew currants, or any small fruits, fresh or dried, with sugar, and pour hot over thin slices of baker's bread with crust cut off, or bread crumbs, making alternate layers of fruit and bread, and leaving a thick layer of fruit for the last. Put a plate on top, bake, and when cool set on ice; serve with cream and sugar.

This pudding is delicious made with Boston or milk crackers, split open, and stewed apricots or peaches, with plenty of juice, arranged as above. Or, toast and butter slices of bread, pour over it hot stewed fruit in alternate layers, and serve warm with rich, hot sauce.

FROZEN PUDDING.

2 quarts rich cream,	5 eggs, yolks,
1 pint sugar,	Flavor with lemon.

Line a freezer with pieces of sponge cake, spread with cherry or acid fruit, or preserves, until the freezer is one-half full. Pour over this a custard made of the other ingredients; freeze 2 hours. When ready for use, place a hot cloth around the freezer, holding the top over a large platter, and slip it out. Serve immediately.

STEAMED GRAHAM PUDDING.

2 cups sour milk,	1 cup molasses,
1 teaspoon soda,	1 teaspoon salt,
2 cups raisins.	

Add graham flour to make a stiff batter. Place in a deep dish, well buttered, and steam 3 hours. Serve with sweetened cream. Chopped figs may be used instead of raisins.

GRAPE PUDDING.

Either fresh or canned grapes may be used. Press the grapes through a sieve to remove the skins and seeds, put the juice and pulp in a pail, set it in a kettle of boiling water on the stove, and

add a little sugar; thicken with cornstarch rubbed smooth in a little cold water, as for blancmange. Let it boil, stirring constantly 3 or 4 minutes; pour into a dish or moulds, and set on ice or in a cold place. Serve with cream and sugar.

HUCKLEBERRY PUDDING.

1 quart berries,	1 pint molasses,
1 cup milk,	1 teaspoon soda,
1 teaspoon cloves,	1 teaspoon cinnamon,
1 nutmeg,	1 pound and 2 ounces flour.

Stir all together, put in a bag and boil $2\frac{1}{2}$ hours. Serve with a rich sauce.

BAKED INDIAN PUDDING.

2 quarts unskimmed milk,	Small cup Indian meal,
2 eggs,	Large cup sugar,
1 cup raisins,	Nutmeg to taste.

Boil a quart of milk, salt it and sift in meal; boil 10 minutes, remove from the fire and add the rest of the milk; when lukewarm add the beaten eggs, sugar and raisins; pour into the pudding dish, which has been heated, and add a lump of butter. Bake 3 hours. When nicely browned, spread butter on the top, and sift white sugar over it. Serve hot.

BOILED INDIAN PUDDING.

1 pint molasses,	1 pint milk,
4 eggs,	1 pound suet, chopped fine,
1 teaspoon cinnamon,	$\frac{1}{2}$ nutmeg,

Grated lemon peel.

Warm the milk and molasses, stir well, add the other ingredients, and mix thoroughly; add meal sufficient to make a thick batter. Dip a cloth in boiling water, shake, flour a little, turn in the mixture, tie, leaving room for the pudding to swell, and boil 3 hours. Serve hot with sauce made of drawn butter, 1 tablespoon sugar, one-half tablespoon vinegar or lemon juice, and a little nutmeg.

STEAMED INDIAN PUDDING.

3 heaping tablespoons Indian meal,	1 cup milk,
1 pint boiling water,	3 tablespoons brown sugar,
$\frac{3}{4}$ cup finely-chopped suet,	2 eggs,
1 cup raisins,	1 teaspoon baking powder,
2 tablespoons flour,	Nutmeg to taste.

Stir the meal into the boiling water. Mix the baking powder

with the flour, add the eggs, well beaten, and the other ingredients. Stir all together thoroughly, and steam the pudding 2 hours. Serve with sweetened cream or sauce.

LEMON PUDDING—1.

4 eggs,	4 tablespoons sugar,
1 tablespoon melted butter,	1 dessertspoon flour,
1 pint scalded milk,	2 lemons, juice and grated rind.

Mix together the beaten yolks of the eggs, sugar, butter and flour ; add the milk, scalding hot, and stir till nearly cold, then the whites of the eggs, beaten stiff, with the juice and rind of the lemons added just before baking. Bake 20 minutes. To be eaten cold.

LEMON PUDDING—2.

1 cup sugar,	1 lemon, grated rind,
$\frac{1}{2}$ cup water,	6 crackers,
2 lemons, juice,	6 eggs.

Make a custard of the yolks of eggs, sugar, lemons and water ; soften the crackers in warm water, lay in the bottom of a pudding dish, pour the custard over them and bake till firm ; beat the whites of eggs to a froth, add 6 tablespoons powdered sugar and when the custard is done, pour the frosting over it ; return to the oven and brown. Serve warm or cold.

LEMON PUDDING—3.

1 lemon, juice and grated rind,	1 cup sugar,
2 eggs,	3 tablespoons flour,
$\frac{1}{2}$ saltspoon salt,	1 pint rich milk.

Mix the flour and part of the milk to a smooth paste, add the lemon juice and rind, the sugar, the yolks well beaten, and the rest of the milk ; line a deep plate with puff paste one-fourth inch thick, pour in the custard, bake in a quick oven until done. Beat the whites to a stiff froth, add 2 tablespoons powdered sugar, spread over the top, return to the oven and brown. Serve with very cold cream or whipped cream. The recipe is sufficient for six persons.

MARCH PUDDING.

1 cup dried apples,	1 egg,
$1\frac{1}{4}$ cups flour,	1 teaspoon soda,
$\frac{1}{2}$ cup butter,	1 teaspoon cinnamon,
1 cup molasses,	$\frac{1}{2}$ teaspoon cloves.

Wash and soak the apples over night, cut them fine, add the

water in which they were soaked, the molasses and spice; mix the egg, butter, and flour together; stir the soda into the apples and molasses, add the other ingredients and bake immediately. Serve hot with sauce made with one-half cup butter and 1 cup sugar, beaten smooth and flavored to taste.

MINUTE PUDDING.

Take sweet milk, or half water and milk, a pinch of salt, let boil, stir in wheat flour until the same thickness as corn meal mush; remove from the fire, and serve at once with sweetened cream flavored with nutmeg. Some cooks add fresh or canned blackberries, raspberries or cherries.

ORANGE PUDDING.

5 oranges,	1 cup sugar,
1 pint milk,	3 eggs,
1 tablespoon cornstarch.	

Peel and cut the oranges in small pieces, take out the seeds, sprinkle the sugar over them, boil the milk and add the well-beaten yolks of eggs with the cornstarch, and when it thickens, pour over the fruit. Beat the whites of the eggs with 3 tablespoons of white sugar. Frost the pudding and brown it in the oven.

ORANGE ROLLY-POLY.

Make a light pastry as for apple dumplings, roll in oblong sheets and lay oranges, peeled, sliced, and seeded, thickly over it; sprinkle with white sugar; scatter over all $1\frac{1}{2}$ teaspoons of grated orange peel, and roll up, folding down the edges closely to keep the syrup from running out; boil in a cloth $1\frac{1}{2}$ hours. Eat with lemon sauce prepared as follows: 6 eggs, leaving out the whites of 2, one-half pound of butter, 1 pound sugar, juice and grated rind of 2 lemons; place over a slow fire, stir till it thickens like honey.

PINEAPPLE PUDDING.

Butter a pudding dish, and line the bottom and sides with slices of stale cake, sponge cake is best, pare and slice thin a large pineapple, place in the dish first a layer of pineapple, then strew with sugar, then pineapple, and repeat until all is used; pour over a small cup of water, and cover with slices of cake which have been dipped in cold water; cover the whole with a buttered plate, and bake slowly 2 hours.

PLUM PUDDING—1.

6 ounces raisins,	1 ounce citron,
3 ounces bread crumbs,	1 blade mace, powdered,
8 ounces currants,	1 nutmeg,
3 ounces flour,	$\frac{1}{2}$ teaspoon salt,
6 ounces suet,	1 teaspoon cinnamon,
1 ounce candied lemon,	3 eggs.

Mix the fruit, bread crumbs, beaten yolks of eggs, flour, suet and spice together; then add a cup of milk, the whites of the egg well beaten, and boil 4 or 5 hours. 8

PLUM PUDDING—2.

1 pound Malaga raisins,	1 ounce candied lemon peel,
1 pound currants,	1 ounce candied orange peel,
1 pound beef suet,	6 ounces flour,
$\frac{3}{4}$ pound light brown sugar,	$\frac{1}{2}$ nutmeg, grated,
$\frac{1}{4}$ pound bread crumbs,	8 eggs,
$\frac{1}{8}$ pound citron,	A little milk.

Pick and stone the raisins; wash, pick and dry the currants, slice the citron, chop the suet, beat the eggs well, and mix all the ingredients together. Have ready a plain or ornamental pudding bowl well buttered; pour the mixture into it, cover with a sheet of paper, tie in a cloth, put into a large kettle of boiling water and let boil hard $4\frac{1}{2}$ hours; or, pour the pudding into a well-floured cloth, shaping by laying the cloth in a round bottomed basin, and tie, allowing room for it to swell. When done, turn upon a dish, sprinkle with powdered sugar and serve with a rich sauce.

EGGLESS PLUM PUDDING.

1 cup bread crumbs,	2 cups flour,
1 cup suet, chopped fine,	1 teaspoon soda,
1 cup molasses,	1 teaspoon salt,
1 cup raisins,	$\frac{1}{2}$ teaspoon cloves,
1 cup sweet milk,	1 teaspoon cinnamon.

Boil 3 hours in a two-quart dish, set into a kettle of boiling water, or steam the same length of time. Serve with a sauce.

Sauce for Pudding.

1 cup white sugar,	Butter, size of an egg,
1 lemon,	White of 1 egg.

Rub to a cream and add a little boiling water.

ENGLISH PLUM PUDDING.

2 bowls bread crumbs,	$\frac{1}{4}$ pound finely-sliced citron,
1 bowl stoned raisins,	3 tablespoons flour,
1 bowl finely-chopped beef suet,	6 well-beaten eggs,
$1\frac{1}{2}$ bowls currants,	1 large nutmeg,

Sugar to taste.

Mix thoroughly with the hands at night, and in the morning add half a cup of sweet milk; stir well and pack in a large bowl. Wring a strong cloth out of hot water, dredge with flour and tie over the bowl; set it in a steamer, put a cloth over the top and tie on the lid. Put over a kettle of boiling water and replenish with hot water as it boils away. Steam 9 hours. Make 3 or 4 days before using; when wanted, set on the stove 3 or 4 hours before dinner, and steam. Turn out on a platter and send to the table ornamented with evergreen and bitter-sweet berries. Serve with a rich sauce.

PRAIRIE PLUM PUDDING.

Stew together a cup of raisins and one-half cup citron; prepare dish with butter, put in a layer of sponge cake, or Boston crackers sliced and buttered may be used, then a layer of fruit, and so on, with cake or bread for last layer; pour over it a custard made of a quart of milk and yolks of 4 eggs, sweetened to taste; bake until on inserting a knife the milk has become water. Make a frosting of the whites of 4 eggs and 4 tablespoons powdered sugar, spread it on the pudding, brown in the oven, and serve with sauce.

Sauce for Pudding.

1 cup sugar,	1 tablespoon butter,
$\frac{2}{3}$ pint water,	1 teaspoon cornstarch,
1 egg, white,	1 teaspoon vanilla.

Let the sugar and water boil, add the butter, and cornstarch mixed with a little cold milk, and boil 5 minutes; take off and stir in the well-beaten white of an egg and the vanilla.

POOR MAN'S PUDDING.

1 cup N. O. molasses,	3 cups flour,
1 cup raisins,	3 eggs,
$\frac{1}{2}$ cup citron,	1 teaspoon soda,
1 cup sour milk,	$\frac{1}{4}$ teaspoon cloves,
1 cup currants,	1 teaspoon cinnamon,
1 cup suet, chopped very fine.	

Mix very thoroughly and steam 3 hours. The eggs, citron and currants may be omitted, and the pudding be very nice.

SWEET POTATO PUDDING.

2 tablespoons butter,	$\frac{1}{2}$ nutmeg, grated,
4 well-beaten eggs,	1 quart sweet milk,
1 pint sweet potatoes,	Sugar to taste.

Boil and mash the potatoes; while still hot, add the other ingredients; bake in a moderate oven until the pudding is firm and brown. This may be eaten either hot or cold and without sauce. The same recipe and similar quantities of material will make four custards, to be baked in pie plates lined with pastry, but without a top crust.

QUICK PUFF PUDDING.

1 pint flour,	1 teaspoon baking powder,
Milk for batter,	Pinch of salt.

Mix the baking powder thoroughly with the flour, add the salt, and stir in the milk as lightly as possible. Grease 4 cups, drop in 1 spoon of batter, then jelly, preserves, apple butter or any kind of fruit, and cover with batter till two-thirds full. Steam 20 minutes and serve with cream and sugar.

PRUNE PUDDING.

1 pound French prunes,	6 eggs, whites,
4 tablespoons powdered sugar.	

Cook the prunes till soft, and sift them through a colander; add the beaten whites of eggs and the powdered sugar. Bake 15 minutes and serve hot with cream, or a butter sauce.

PRUNELLE PUDDING.

5 eggs,	1 coffeecup sweet milk,
$\frac{1}{8}$ loaf baker's bread,	1 quart flour,
2 cups sugar,	1 tablespoon mace,
1 pound raisins,	$\frac{1}{2}$ tablespoon cloves,
$\frac{1}{2}$ pound prunelles,	2 nutmegs,
1 pound beef suet,	1 tablespoon cinnamon,
1 pound currants,	1 teaspoon salt.

Stir the ingredients well together, then add milk to make a soft batter; or, add a wine-glass of jelly and a tumbler of milk. The raisins should be stoned, and the prunelles chopped very fine. Put the pudding in a buttered basin and steam it 4 hours.

QUEEN OF PUDDINGS.

1 pint sifted bread crumbs,	1 quart milk,
1 cup sugar,	4 eggs,
$\frac{1}{2}$ ounce butter,	1 lemon.

Beat the yolks of eggs and sugar, add the other ingredients, omitting the lemon juice, mix and bake like custard; spread with layer of jelly. Whip the whites of eggs to a stiff froth with 5 tablespoons of sugar and juice of the lemon; spread on the top and brown.

Sauce for Pudding.

1 cup sugar,	$\frac{1}{2}$ cup butter,
$\frac{1}{2}$ grated rind and juice of 1 lemon.	

Beat to a cream and serve cold.

QUINCE PUDDING.

1 cup sugar,	3 eggs,
1 tablespoon flour,	1 pint new milk,

Quinces.

Peel, slice and parboil 2 quinces; remove to fresh water and stew like apples; flavor with nutmeg and cool. Make a custard of the other ingredients omitting the whites of eggs, and boil to the thickness of cream. Place a layer of fruit in a baking dish, then a layer of bread crumbs, and pour over it the custard. Make a meringue of the whites of eggs and 3 tablespoons of powdered sugar; put on the pudding and brown lightly.

RHUBARB PUDDING.

Butter generously some thin slices of light, stale bread. Place a layer of rhubarb in an earthen baking dish, sprinkle lightly with sugar, cover with bread slices, another layer of fruit, sugar and bread until the dish is full, with bread on top. Pour over 1 cup of water and cover tightly with a plate, and bake in the oven for half an hour or more. Serve hot or cold with sugar and cream. The steam should not escape while baking, lest the fruit be not thoroughly cooked. Crumbs of stale bread, mixed thoroughly with finely-cut rhubarb and sugar, butter and water, and baked as above will answer the same purpose.

RICE PUDDING—1.

$\frac{1}{2}$ cup rice,	8 cups rich milk,
$\frac{1}{2}$ teaspoon salt,	1 cup sugar,
$\frac{1}{2}$ grated nutmeg,	1 tablespoon butter,
1 cup raisins.	

Wash rice and mix ingredients; bake very slowly for 2 hours. If it becomes too dry, more milk may be added; a cup of rich cream, stirred in before serving, is an improvement.

RICE PUDDING—2.

5 tablespoons sugar,	5 eggs,
1 cup sweet milk,	$\frac{1}{2}$ nutmeg,
$\frac{1}{2}$ cup rice.	

Boil the rice dry; beat the eggs with the sugar and nutmeg, add the milk gradually, then stir in the rice; pour in an earthen dish, and bake 1 hour. Put little lumps of butter over the top, and grate on nutmeg. Do not stir while baking; if the top browns too quickly, place a pan of cold water on the top rack of the oven just over the pudding dish. Serve the pudding in the same dish, with any sauce.

RICE SNOWBALLS.

Boil 1 pint rice until soft in 2 quarts water with a teaspoon of salt; put in small cups to cool. Make a boiled custard of the yolks of 3 eggs, 1 pint sweet milk, and 1 teaspoon cornstarch; flavor with lemon and set away to cool. Turn the rice balls out on a plate and pour the custard over them before serving.

SAGO AND APPLE PUDDING.

Pare 6 apples and punch out the cores, fill the holes with cinnamon and sugar, using 2 teaspoons cinnamon to a cup of sugar; take 1 tablespoon sago to each apple, wash it thoroughly and let soak an hour in water enough to cover the apples, pour water and sago over the apples, and bake $1\frac{1}{2}$ hours. Serve with cream. Pearl sago is the best; it is small and white.

STRAWBERRY ROLL.

Make a very rich biscuit crust, and roll it into a sheet not more than a quarter of an inch in thickness. Spread strawberries thickly over, then roll it quickly, moisten the edges and press them closely together. Lay the roll on a plate and put it in a steamer over a kettle of boiling water. Steam it until done; the time required will depend on the size of the roll. Serve with a sauce made by adding mashed strawberries to a paste of butter and sugar, or sweetened cream.

SUET PUDDING.

1 cup molasses,	1 cup suet, chopped fine,
1 cup milk,	1 cup chopped raisins,
1 teaspoon soda,	3 cups flour,
Spices,	Salt.

Mix and steam 3 hours.

Sauce.

1 cup butter,	3 cups powdered sugar,
1 lemon,	2 oranges,
2 teaspoons cinnamon.	

Cream the butter and sugar, beat in the juice of lemon and oranges; add the cinnamon; whip hard until very light and creamy; form in attractive shape, set in a cold place and send to the table.

SUTHERLAND PUDDING.

1 quart milk,	5 eggs,
5 tablespoons flour,	$\frac{1}{2}$ teaspoon salt.

Heat the milk; mix carefully the flour with 5 tablespoons cold milk, and stir into the well-beaten eggs, adding salt. Pour the hot milk over the mixture, beating all the time. Bake 20 minutes in a quick oven, either in small cups or a large dish. Serve immediately.

Sauce.

$\frac{1}{4}$ cup butter,	1 cup sugar,
1 lemon, juice,	Nutmeg,
3 tablespoons boiling water.	

Cream the butter and sugar, adding lemon juice and boiling water. Grate a little nutmeg over it. Or, omit the water and cool on ice.

TAPIOCA PUDDING—1.

2 cups water,	$\frac{1}{2}$ cup tapioca,
2 cups milk,	2 eggs,
Sugar,	Flavoring.

Wash the tapioca and cook slowly in the water till it softens. Add the milk, and cook until thick; then stir in the well-beaten eggs, sugar and flavoring to taste. Pour into a buttered dish and bake 45 minutes in a moderate oven. Serve with or without cream.

TAPIOCA PUDDING—2.

$\frac{1}{2}$ cup tapioca,	2 tablespoons melted butter,
$\frac{1}{2}$ cup sugar,	1 lemon,
1 pint cold water,	4 eggs,
1 quart milk,	Salt.

Soak the tapioca over night, or several hours. Add the beaten yolks of eggs, sugar, salt, butter, and grated rind of the lemon; mix, and pour over all the milk, heated. Bake in a buttered pudding dish, and when done cover with a meringue made of the beaten whites, 4 tablespoons powdered sugar, and the lemon juice. Or, add the whites with the yolks to the pudding, one-half cup more sugar and the lemon juice, and bake. Serve with cream. Vanilla can be substituted for lemon.

APPLE TAPIOCA PUDDING.

$\frac{1}{2}$ cup tapioca,	6 or 8 apples,
$1\frac{1}{2}$ pints cold water,	Sugar.

Wash the tapioca, put into the water, and let it cook slowly until clear, stirring often to prevent burning. Remove, sweeten, and pour the tapioca into a dish in which are the apples, pared and cored. Cover with a plate and bake slowly till the apples are cooked. Serve with cold cream, or a hard sauce spiced with cinnamon.

TAPIOCA FRUIT PUDDING.

$\frac{1}{2}$ cup tapioca,	1 saltspoon salt,
1 pint water,	$\frac{1}{2}$ cup sugar,
Boiling water,	Fruit.

Soak the tapioca in the cold water several hours; add the salt, boiling water, and cook slowly until clear, when add the sugar. Pour in a layer of tapioca into a pudding dish, then add a layer of strawberries or other fruit, sprinkling over it a little sugar. Repeat this process till the dish is full. Bake until clear. Serve with cream. Stew hard fruits before using. Pearl tapioca is the best for use in puddings.

COLD CREAM SAUCE.

1 cup sugar,	$\frac{1}{2}$ cup butter,
1 cup cream,	Flavor to taste.

Beat the butter and sugar together, add the cream and flavoring, whip thoroughly and set on ice.

FRUIT CREAM SAUCE.

1 cup sugar,	4 tablespoons cream,
$\frac{1}{2}$ cup butter,	4 tablespoons fruit juice.

Put the sugar, butter and cream into a custard kettle and beat until it becomes thick and frothy. Add fruit juice, or hot water and nutmeg, and serve.

PLAIN CREAM SAUCE.

1 pint cream,	Nutmeg to taste,
3 tablespoons brown sugar,	

Beat all together thoroughly.

WHIPPED CREAM SAUCE.

1 pint cream,	2 eggs, whites,
Powdered sugar,	Flavor to taste.

Sweeten the cream, whip, and add flavoring. Beat whites of eggs to a stiff froth, and then whip all together.

CUSTARD SAUCE.

1 pint rich milk,	3 eggs, yolks,
3 tablespoons sugar,	Flavoring.

Boil the milk, and pour slowly over the beaten eggs and sugar; strain into a custard kettle and cook until it thickens. Flavor to taste, and serve cold. A delicate flavor is given by boiling a stick of cinnamon in the milk.

FRUIT JUICE SAUCE.

1 cup sugar,	$\frac{1}{2}$ cup butter,
1 cup juice,	$\frac{1}{2}$ cup boiling water,
2 teaspoons cornstarch.	

Cream the butter, sugar and cornstarch, and beat into the boiling water. When thick and frothy take from the fire and add the fruit juice or one-half cup of beaten jelly. Set over hot water till served. Or, take canned fruit juice, or syrup from preserves or canned fruits. Boil and thicken with cornstarch in the proportion of 1 teaspoon to 1 cup of juice.

GOLDEN SAUCE.

2 eggs, yolks,	3 tablespoons boiling water,
1 cup sugar,	Lemon juice,
	Nutmeg.

Beat the eggs and sugar until creamy. Set the bowl into a kettle of boiling water and beat steadily while pouring in the boiling water. When thick and foamy, remove from the fire, add the juice of 1 lemon, and grate nutmeg on the top of the sauce. The juice of an orange and half the grated rind may be used instead of lemon juice and nutmeg.

HARD SAUCE.

1 cup powdered sugar,	$\frac{1}{8}$ cup butter,
Lemon juice,	Nutmeg.

Cream the butter and sugar and beat in the lemon juice. Place in a mould, set on ice, and serve when cold, grating a little nutmeg over it. This is made more delicate by adding the well-beaten whites of 2 eggs before setting away to harden.

JELLY SAUCE.

1 cup boiling water,	$\frac{1}{2}$ cup cold water,
$\frac{1}{2}$ cup jelly,	2 tablespoons sugar,
	2 teaspoons cornstarch.

Melt the sugar and jelly in the boiling water, and stir into it the cornstarch dissolved in the cold water, let it come to a boil and serve hot.

LEMON SAUCE.

2 cups sugar,	2 eggs,
2 cups boiling water,	2 lemons,
2 teaspoons cornstarch,	1 tablespoon butter.

Beat eggs, sugar, butter and cornstarch together, and pour over them the boiling water, stirring constantly; strain and cook over boiling water until thick; remove from the fire, and add the juice and grated rind of the lemons.

MAPLE SUGAR SAUCE.

1 cup water,	4 tablespoons butter,
1 cup sugar,	1 teaspoon flour.

Melt the sugar in the water over a slow fire; remove the scum; add the butter mixed well with the flour; boil 5 minutes, and serve with boiled puddings.

VANILLA SAUCE.

1 cup milk,
3 eggs,

1 large teaspoon vanilla,
2 tablespoons sugar.

Heat the milk in a double boiler, and pour over the yolks of eggs beaten with the sugar; strain, and return to the kettle, cook till it thickens, remove from the fire and add vanilla and the beaten whites of eggs.

VINEGAR SAUCE.

1 cup brown sugar,
2 cups boiling water,
A pinch of salt,

1 tablespoon butter,
1 tablespoon vinegar,
1 tablespoon flour.

Omit the water and beat the other ingredients well together. Add the boiling water, stir thoroughly and boil 10 minutes. Serve.

DRINKS.

PURE water is the one necessary beverage, but desire or habit makes three others essential. Of these three, chocolate both nourishes and strengthens the system, and science claims that coffee is not only a gentle, natural stimulant, but nourishing in a small degree, while tea is stimulating and astringent. Many object to chocolate because of its hearty character, but there are various preparations which adapt it to the most delicate. Tannic acid, the injurious property in coffee and tea, is repressed or developed in making.

Do not make coffee in a tea-pot, or tea in one used for chocolate, but let each have its own vessel. Keep them clean, scald before using, and afterward wash in fresh water, rinse, and dry immediately.

As the life of water is destroyed by long boiling or re-boiling, use only fresh-boiled water in making these drinks. Give the preference to soft rather than hard water for such purposes.

Hot milk is a most refreshing and nourishing beverage, and one that cannot be too highly recommended. Directions for preparing it are given in the recipe.

During hot weather, drinks made from fruits, or their juices in some form, are especially grateful and necessary to health. The acid of lime and lemon juice, and of shrubs, or the sub-acid of fruit juices, not only allay thirst, but cool the blood and supply a natural tonic greatly needed by the system.

Two recipes are given for the old-fashioned root beer made by the mothers and grandmothers of the present generation. They will be found most palatable as well as healthful and invigorating.

For an immediate effect when warm or cold, hungry or exhausted, drink is preferable to a solid food, as some time is re-

quired for the latter to affect the system. Cold water, not ice-water, in small quantities, is the best to allay great thirst. Hold it in the mouth close to the tonsils before swallowing, while keeping the palms of the hands wet and a wet cloth around the wrists. The best drinks for the other conditions are milk, chocolate and broth.

COFFEE.

To avoid adulteration, buy coffee in the grain, either raw or in small quantities freshly roasted. The best kinds are the Mocha and O. G. Java; mix the two, having roasted them separately, in the proportion of one-third of the former to two-thirds of the latter. West India coffee, though of a different flavor, is often good.

Roast coffee with the greatest care—here lies the secret of success in coffee-making—and in small quantities, for there is a peculiar freshness of flavor when newly roasted. Pick over carefully, wash and dry in a moderate oven, increase the heat and roast quickly, either in the oven, or on top of the stove or range; in the latter case, stir constantly, and in the oven stir often, with a wooden spoon or ladle kept for this purpose. The coffee must be thoroughly and evenly roasted to a rich brown throughout, and must be free from any burnt grains, a few of which will ruin the flavor. It must be tender and brittle; to test it take a grain, place it on the table, press with the thumb, and if it can be crushed, it is done. Stir in a lump of butter while the coffee is hot, or wait until about half cold and stir in a well-beaten egg. The latter plan is very economical, as coffee so prepared needs no further clarifying. Keep in a closely-covered tin or earthen vessel. Never attempt other work while roasting coffee, but give it the entire attention. Grind fine, and only in the quantity needed, for the flavor is dissipated after grinding, even when covered. If properly roasted, coffee will grind into distinct, hard, and gritty particles, and not into a powder.

Physicians say that coffee without cream is more wholesome, particularly for delicate persons. There is an element in coffee which, combining with milk, forms a leathery coating on the stomach, and impairs digestion.

The general proportions used in making ground coffee are one large tablespoon to each cup of water, and one for the pot, using the yolk of an egg for twelve tablespoons of coffee. The white of the egg adds nothing, and unless great care is taken forms a coating around the crushed grains which prevents the extraction of their strength. Coffee should not be boiled over one minute, and that very lightly, as boiling destroys not only its delicacy and aroma, but develops its tannic properties.

ARMY COFFEE.

Coffee may be made quickly by placing the required quantity of cold water in a pot, and adding the coffee, tied up in a sack of fine gauze or piece of muslin; bring to the boiling point, boil 5 minutes and serve. Make tea in the same way, putting it loose into the water and only allow it to come to a boil.

COFFEE WITH WHIPPED CREAM.

For 6 cups of coffee of fair size, take 1 cup cream whipped light with a little sugar; put into each cup the desired amount of sugar and about 1 tablespoon boiling milk; pour the coffee over these and lay upon the surface of the hot liquid 1 large tablespoon of the frothed cream, giving a gentle stir to each cup before serving. This is known to some as meringued coffee, and it is an elegant French preparation of the popular drink. Chocolate served in this way is delicious.

COFFEE AND EGG.

This is a very stimulating drink. To 1 cup of strong coffee, add half a cup of sweet milk, and 1 heaping teaspoon of sugar; let the coffee, milk and sugar just come to a boil, then pour it over a well-beaten egg, and serve at once.

FILTERED COFFEE.

The French coffee biggin furnishes the easiest means for filtering coffee. It is made of earthen ware or tin; the former is preferable as retaining heat longer, and being more easily managed. The latter consists of two cylindrical tin vessels, one fitting into the other; the bottom of the upper one is a fine strainer, another coarser strainer is placed on this with a rod running upwards from its center; the finely ground coffee is put in, and then another strainer is slipped on the rod, over the coffee, the boiling

water is poured on the upper sieve and falls in a shower upon the coffee, filtering through it to the coarse strainer at the bottom, which prevents the coffee from filling up the holes of the finer strainer below it. The coffee thus made is clear and pure.

The "One Minute" as well as the "National" coffee-pot are so widely known as to need no description, and full directions for use come with them. Both are good. The filtered coffee is considered by many to possess a finer flavor than any other, and is more economical.

FRENCH COFFEE.

If one has no dripper or French coffee-pot, a bag may be used, but it is a poor substitute. A tin dripper, with perforations in the bottom, is made to fit into the coffee-pot. Fill it nearly full of ground coffee, allowing only room enough to pour in a little water—not more than 3 or 4 tablespoons at a time. When it has dripped through into the coffee-pot, add more water, and so continue until there is enough coffee made. The water should be boiling when poured in, but should not boil afterward. It is not necessary to use an egg; the grounds cannot possibly get through the sieve. It is a mistake to think that it does not deteriorate by standing. Try when first made, and again after it has stood for half an hour, and see if it has not a bitter taste without the pleasant aroma.

"THE HOUSEKEEPER" COFFEE.

The housekeeper should roast the coffee, if possible, and not grind till wanted. Allow 1 tablespoon fine ground coffee for each cup of hot water; put the coffee into a new basin or cup, and shake gently over the fire until hot enough to give off a light smoke; then pour over it 1 cup boiling water, and turn at once into the coffee-pot which must be spotlessly clean. Add as much more hot water as will be needed, return to the fire to boil 1 minute, and set back where it can simmer 5 minutes. Remove from the fire, add a spoonful of cold water, and let it settle a little while before pouring out. It will be delicious. If cream is not to be had, scald some milk, and put a little into each cup before pouring the coffee.

COFFEE FOR ONE HUNDRED.

5 pounds coffee,

5 gallons water,

6 eggs.

Grind the coffee and mix with the eggs and a little water; make small muslin sacks, putting 1 pint of coffee into each, leaving room for it to swell. Pour 1 gallon of cold water into a large coffee urn or boiler, which has a faucet at the bottom. Put in part of the sacks and let stand 30 minutes. Set over the fire, add 3 gallons boiling water and boil 1 minute. Add fresh sacks when needed, taking out the old ones, and more boiling water. To make strong coffee for twenty persons, use $1\frac{1}{2}$ pints ground coffee to 1 gallon water.

ICED COFFEE.

Take equal parts of strong coffee and sweet cream. Add sugar to taste, put in a pitcher packed in pounded ice till ready to serve. Or, set strong coffee on the ice when cold, and serve with cracked ice in each glass.

CAFÉ AU LAIT.

Make strong, clear coffee; if not filtered, pour off from the grounds; add an equal quantity of hot milk, scalded, not boiled, and serve very hot. Instead of milk one-third the quantity of cream may be added.

CAFÉ NOIR—1.

Use the earthen coffee biggin; have it hot and see that the strainers are all in order with the coffee ground fine enough to escape the first but not the second strainer. Allow 2 heaping table-spoons of coffee to each cup of water, and 1 more; pour the water slowly over the grounds, and cover tightly. When it has dripped through, pour out and back over the grounds. Repeat the process one or more times. Keep the pot where it will just escape boiling, and be sure that the spout and top are well covered. Serve immediately in small cups with sweet, fresh cream, otherwise the heat of the coffee will curdle it.

CAFÉ NOIR—2.

This is a very strong coffee, and in making use at least twice the amount ordinarily required for each person. Serve in small cups without cream.

PRAIRIE COFFEE.

1 pint corn meal,	1 pint wheat flour,
$\frac{1}{2}$ cup molasses,	1 teaspoon salt,
Water for stiff dough.	

Mix, roll thin, cut out like yeast cakes ; put in a pan and dry in the oven. When thoroughly dry, brown very dark. To use, put 2 or 3 of the cakes and 1 tablespoon of the coffee in the pot, pour on boiling water, let boil and settle.

RICH AND STRONG COFFEE.

1 cup best ground coffee,	1 quart boiling water,
1 egg, white,	$\frac{1}{2}$ cup cold water.

Beat the white, mix with the coffee, add cold water, put in the coffee-pot and stir in gradually the boiling water. Boil 1 minute. Take from the fire and put on the hearth to settle.

STEAMED COFFEE.

Put coffee into the pot, pour boiling water on it ; place this pot, which is made to fit, into the top of the teakettle, and cook from 10 to 20 minutes over boiling water. This makes a clear, delicious coffee. Some persons hold that by first wetting the coffee with cold water, bringing it to boiling point, and then pouring in boiling water, more of the strength is extracted.

VIENNA COFFEE.

Filter the coffee, allowing 1 tablespoon ground coffee to each person, and 1 for the pot. Put 1 quart of cream into a custard kettle or pail set into boiling water, where it will keep boiling ; beat the white of 1 egg to a froth and mix well with 3 tablespoons cold milk. As soon as the cream is hot, remove from fire, add the mixed egg and milk. Stir together for 1 minute and serve.

Another method is to pour boiling water over the coffee, cover closely, boil 1 minute, remove to the side of the stove a few minutes to settle and serve. Allow 2 heaping tablespoons coffee to 1 pint water.

GOOD SUBSTITUTE FOR CREAM IN COFFEE.

Beat well the white of an egg, and add a small lump of butter, whipping all together. Pour coffee over this slowly, stirring so it will not curdle.

CHOCOLATE AND COCOA.

These are derived from the seed of the fruit of a small tropical tree. There are several forms in which they are sold, the most nutritious and convenient being chocolate, the next cocoa, then cocoa nibs, and last cocoa shells. Cocoa shells are the shells of the bean, usually removed before grinding. The beans are roasted like coffee, and ground between hot rollers.

For common use chocolate or cocoa can be made in pretty much the same way, and is much nicer and far more wholesome for an every day drink, than if made in the rich way usually given in cook books. Take an ounce square of chocolate, shave with a knife, it is not necessary to grate, and put into a small granite saucepan with about half a cup of water. Stir over the fire until the chocolate is dissolved into a smooth, creamy paste, then add slowly 1 pint hot water, 4 tablespoons sugar and one-fourth teaspoon vanilla, unless it is the sweet chocolate; if so, omit the sugar and vanilla, and boil 20 minutes; add 1 quart hot milk, not boiled, and serve. It requires boiling to bring out the rich, soft flavor of the chocolate, and by boiling first in a little water, it is richer and smoother, and the milk only requires to be hot when added. If more chocolate is desired, the quantity can be increased to suit the taste; but 1 ounce to 1 quart of milk makes a much pleasanter drink for a family, not being so much like a rich confection.

Let every family have whichever drink they prefer for breakfast; but, at least occasionally, as on Sunday mornings, have chocolate for the little folks. It is very nourishing, and if the milk is not boiled, very wholesome, and made in this way, is not an expensive drink.

PIERRE BLOT'S CHOCOLATE.

The quantity of chocolate for a certain quantity of milk is according to taste. A good thick cup is made by using 2 ounces of chocolate. Break the chocolate in pieces, put in a saucepan, adding 1 tablespoon of water to each ounce, and set over a slow fire. Stir occasionally till melted. While this is melting, heat the amount of milk desired, and when it rises turn into the melted chocolate, little by little, beating well at the same time with an egg

beater. Keep beating and boiling 3 or 4 minutes; take off and serve. If both chocolate and milk are good this will be frothy.

CHOCOLATE.

4 tablespoons grated chocolate,	2 cups milk,
4 tablespoons whipped cream,	Sugar to taste.

Take a little of the milk, and put with the chocolate into a double boiler and rub smooth. When melted, add the remainder of the milk, which should be at the boiling point, also sugar if desired. Mix thoroughly and cook 5 minutes. Take off and beat with a Dover egg beater till smooth and foamy. Lay the whipped cream upon the chocolate when poured into cups.

EGG CHOCOLATE.

4 dessertspoons grated chocolate,	2 cups milk,
1 egg,	2 cups water.

Cook milk and water in a double boiler; if preferred use only milk; when boiling dip out a few spoonfuls on the chocolate, rub smooth and pour into the hot milk. Boil 5 minutes; add the egg well beaten and mixed with a little of the boiling chocolate. Mix quickly and pour off into a pitcher to prevent the curdling of the egg. The yolk or white alone may be used.

VIENNA CHOCOLATE.

1 pint cream,	1 pint milk,
3 heaping tablespoons chocolate.	

Pour cream and milk into a pot set in boiling water; stir in the grated chocolate after mixing to a paste with cold milk; let boil 2 or 3 minutes and serve at once.

COCOA.

2 cups boiling water,	4 large teaspoons cocoa,
2 cups hot milk,	4 level teaspoons sugar.

Let the water boil in the pot; stir in the mixed cocoa and sugar and let boil 3 minutes. Add the milk, boil 1 minute, take off, beat 1 minute and serve. Baker's, Huyler's or Van Houten's cocoas are all nice made this way.

ALKATHREPTA, BROMA, RACAHOUT.

These are delicate preparations of cocoa, and have directions for making printed on the package.

TEA.

Liebig says: "Tea as a beverage contains the active constituents of the most powerful mineral springs, and, however small the amount of iron which may be taken daily in this form, it cannot be destitute of influence on the vital processes. The infusion of tea differs from that of coffee, by containing iron and manganese." Because of its astringent property it should not be used for breakfast, and ought rather to be taken after a substantial meal than when eating, as it then impairs digestion. Tea is classed under two varieties, green and black, which are the result of different methods of preparation of the leaf of the plant, at different stages of growth. Gunpowder and Young Hyson are the finest of the green, and Souchong and Pekoe of the black teas. English Breakfast tea is liked by many who never use the other varieties. Strong green tea is pernicious and should never be used. For mixed tea, use four teaspoons black to one of green tea. In making tea, the old rule of allowing a teaspoon to each cup and one over, holds good. If the water is boiling and the leaf abundant the tea will almost always be good. Heat the pot for 2 minutes, put in the required amount of tea, cover with boiling water, and let stand 5 minutes in a hot place. Then add the boiling water required and set where it will keep hot but not boil, as that spoils it. Serve at the end of 5 or 10 minutes. Make fresh tea each time, and if there is any left to be used, pour off at once into a clean pitcher, as it will become rank to stand on the leaves. Where there is a large party to make tea for, use two teapots instead of one.

A CUP OF TEA.

There are few housekeepers who know how to make a good cup of tea. Try this plan: Have the teapot clean and dry; put in a level teaspoon of tea to each person; set it before the fire 3 minutes, without water, to open the leaves and improve the aroma; cover with water that has just come to a boil; let stand 5 minutes where it will keep hot; add sufficient boiling water. If a good grade of tea is used the drink will be perfect. Pouring on all the water at first causes a bitter taste.

ICED TEA—1.

Prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a clean stone jug or glass bottle, and set aside in the ice chest until ready to use. Drink from goblets without cream. Serve ice broken in small pieces on a platter nicely garnished with well-washed grape leaves.

ICED TEA—2.

Iced tea should have no hot water poured over it, but be allowed to stand in cold water for several hours. It should be made very strong, then weakened with ice. Soft water should always be used for making tea.

RUSSIAN TEA.

Into freshly-steeped tea drop slices of lemon, without the seeds, in the proportion of 1 slice to 1 small cup of tea. It can be used with or without sugar, and is particularly nice if served cold with bits of ice in the cups.

MISCELLANEOUS RECIPES.

GINGER BEER—1.

2 ounces ginger root,	4 quarts boiling water,
2 ounces cream of tartar,	1 lemon, juice and rind,
1½ pounds sugar,	½ cup yeast.

Break the ginger root into small pieces, put in a large bowl or crock with the sugar, cream of tartar and lemon; pour on boiling water, and when lukewarm, add yeast. Let it stand 6 hours, strain, and put up in self-sealing bottles. It should be kept in a cool place.

GINGER BEER—2.

5 ounces ginger root,	½ gallon water
1 lemon, yellow peel.	

Ordinary ginger, tied in a bag, may be substituted for the root; boil the ingredients one-half hour, then add

4 gallons water,	¼ pound honey,
5 pounds sugar,	1½ pints yeast,

Juice of 4 lemons.

Strain when cold, add the well-beaten white of 1 egg; let stand 4 days and then bottle.

LEMON BEER.

1 gallon water,	1 lemon, sliced,
$\frac{1}{2}$ pint yeast.	1 tablespoon ginger,

Sugar.

Scald the lemon and ginger in the water; cool, add yeast, and sweeten to taste.

OLD-TIME ROOT BEER.

1 part black birch bark,	$\frac{1}{4}$ the quantity of Prince's pine,
1 part wintergreen, leaves and stems,	1 small root fennel,
$\frac{1}{2}$ the quantity of spruce twigs,	6 gallons water.

Pour cold water over the herbs and roots, bring to the boiling point, and boil till the strength is extracted. Strain, and if there is too strong a flavor, dilute with water. Add 1 pound of sugar to every gallon of the mixture, and 1 cup of yeast, while lukewarm. It should stand 24 hours and be stirred frequently. At the end of this time, bottle or pour into a small keg. This makes a refreshing and wholesome summer drink.

ROOT BEER.

1 small handful bloodroot,	2 handfuls cherry bark,
1 small handful prickly ash bark,	2 handfuls popple bark.
8 large handfuls spikenard root,	4 handfuls burdock root,
8 large handfuls sarsaparilla,	4 handfuls dandelion root,
1 handful hops,	1 cup yeast,

Sugar to taste.

Wash roots and barks thoroughly, and cover with water in a large kettle. Boil slowly until their strength is extracted. Strain, dilute and sweeten to taste; when cool add yeast and let stand 24 hours. Bottle or cork tightly in large stone jugs. If spruce twigs or wintergreen can be obtained, use them also, for they will improve the beer.

FRUIT BEVERAGE.

12 lemons,	2 pounds best sugar,
1 pineapple,	3 quarts cold water,
1 quart ripe raspberries.	

Peel the lemons very thin; squeeze the juice over the peel, let it stand 2 hours and add 1 pound of the sugar; mash the raspberries with one-half pound of sugar; pare the pineapple, picking or grating the fruit from the core, and cover with the remainder of the sugar. Strain the lemon juice, crush the raspberry, press the pineapple and mix all together, adding the water. Stir till the

sugar is thoroughly dissolved, then strain and serve. It is nicer to be very cold, but not iced. Strawberries can be substituted for raspberries, if desired. In that case, leave a few whole ones to serve in the glass.

BLACK CURRANT CUP.

$\frac{1}{2}$ pint black currant juice,	Sugar,
1 quart weak green tea,	Ice.

Mix tea and currant juice; add sugar till sufficiently sweet; cool, and pour into glasses in which are pieces of ice.

GRANDMOTHER'S HARVEST DRINK.

1 quart water,	1 tablespoon sifted ginger,
3 tablespoons sugar,	$\frac{1}{8}$ cup vinegar.

This is nice without the vinegar.

CURRANT JUICE.

The juice of the currant, sealed air tight while boiling hot, will keep without fermentation, and makes a pleasant and beneficial drink for the spring of the year when the appetite craves the healthful acid. To each goblet of water, allow 2 tablespoons of the juice and a very little sugar. It is excellent as a remedial agency in case of bilious derangement, and taken hot just before retiring will break a cold. It is as pleasant to take as lemonade, and equally efficacious.

FRUIT JUICES.

This recipe can be used for all kinds of berries. Heat the fruit, mash and strain, as in making jelly. Put on the fire and cook 15 minutes, skimming until it is clear. To every quart of juice put 1 cup of heated sugar. Boil 10 minutes and seal in cans. This is excellent in sauces and various kinds of cooking, as well as for beverages.

KOUMYSS.

Put into a long-necked quart bottle 4 tablespoons of fresh yeast, 1 tablespoon powdered sugar, and fill with milk fresh from the cow; cork tightly and fasten with cord or wire. Let stand in a warm place until the liquid begins to thicken, then lay on the side in the cellar for a week. It will be a fine article for use.

LEMONADE—1.

2 lemons,	4 tablespoons sugar,
1 pint water, hot or cold.	

Use medium sized lemons, roll till soft, cut through the center, and squeeze out the juice; strain out the seeds; add sugar and water in the proportions given. Or, slice thin, remove seeds, sprinkle with sugar, add a little boiling water, and let stand 1 hour before adding more water, strain, and put on ice.

LEMONADE—2.

5 lemons,	2 tablespoons fruit,
2 oranges,	1 cup sugar,
3 pints cold water.	

Slice the lemons and oranges over the sugar. Bruise them well, pour on the water, and add crushed strawberries, raspberries, or cherries, with a few slices of pineapple. At the end of an hour, strain and serve.

EGG LEMONADE.

Beat the yolk and white of 1 egg separately, and then beat together. Make half a glass of strong, sweet lemonade, and whip thoroughly into the beaten egg.

MEAD.

4 pounds sugar,	2 ounces tartaric acid,
$\frac{1}{4}$ pound Spanish sarsaparilla.	

Boil sarsaparilla 5 hours; strain off 2 quarts, add sugar and acid. Allow a wineglass of syrup and half a teaspoon soda to half a pint of water.

HOT MILK.

For many people hot milk is far more healthful than tea or coffee, and no medicine acts so quickly upon one thoroughly exhausted. It rests, revives, and nourishes. Put the desired quantity into a double boiler, or a pail set in boiling water. Serve when it is scalding hot.

CREAM NECTAR.

4 quarts water,	4 ounces tartaric acid,
4 pounds sugar,	6 eggs, whites,
1½ ounces essence of lemon.	

Dissolve the sugar in the water, and let boil; when cold, add tartaric acid, lemon, the whites of the eggs beaten stiff, and bottle. Use equal quantities of nectar and water, adding sufficient bi-carbonate of soda to make it effervesce.

IMPERIAL NECTAR.

1 quart water,	1¼ pounds sugar,
1¼ ounces tartaric acid,	¼ ounce gum arabic,
1 teaspoon flour,	5 eggs, whites.

Dissolve acid, gum arabic, and sugar in the water; beat the whites of eggs and flour thoroughly; then add one-half cup of water. When the syrup is blood-warm, add the whites; boil 3 minutes. Take 3 tablespoons of syrup to two-thirds of a glass of water; add one-third teaspoon bi-carbonate of soda; stir well, and drink slowly.

EGGNOG.

1 well-beaten egg,	2 tablespoons sugar,
Glass of sweet, rich milk.	

Mix all together thoroughly and sprinkle with nutmeg. Good in summer complaints.

ORANGEADE—1.

1 pint strained orange juice,	½ cup lemon juice,
½ pint simple syrup,	Strawberries or pineapple.

Mix the fruit juices and the syrup together, add more syrup if desired sweeter. Dilute with water, and serve, putting into each glass 3 strawberries or a bit of pineapple.

ORANGEADE—2.

4 pints water,	¾ pound sugar,
12 oranges.	

Make a syrup of 1 pint water and the sugar. Boil and skim. Add peels of 3 and juice of 12 oranges, and the remainder of the water, boiling. Cool and set on ice.

LEMON PUNCH.

5 lemons,	2 pounds lump sugar,
2 oranges,	4 eggs, whites,
1½ quarts ice-water.	

Grate the yellow rind of the oranges and 2 lemons over the sugar, adding the juice of the oranges and all the lemons. Let stand 3 or 4 hours, or until the sugar is dissolved. Stir well, adding the stiffly-beaten whites, and pour the water over all. Serve in tumblers.

FRUIT SYRUPS.

1 pound sugar,	1 pint water,
1 pint fruit juice.	

Make a thick syrup with the sugar and water. Cook well, skim

off any impurities that arise, and add 1 pint of fresh fruit juice. Skim as it begins to boil, and cook slowly one-half an hour. If syrups are made on a damp, muggy day, cook one-half hour longer.

GRAPE SHRUB.

Break the grapes, put into a stone jar, cover with cider vinegar. Cover the jar tightly, press and stir the grapes frequently. After 3 days, strain through a cheese-cloth bag, and again through a thicker one. Add 5 pounds sugar to 3 quarts juice; set on the fire, skim and boil 10 minutes; seal while hot. Add water to make a pleasant drink.

RASPBERRY SHRUB—1.

Take 6 or 8 quarts of fine black raspberries; pour over sufficient cider vinegar to reach the upper layer of berries, but not to cover them; let stand 24 hours. Strain the berries and vinegar through a colander, mashing the berries. Strain again through a coarse cloth, and measure the juice. Allow 1 pound of sugar to 1 pint of juice. Put the juice over the fire to boil in a porcelain-lined kettle; boil 20 minutes, then add the sugar and boil 10 minutes longer. Bottle the liquid in pint bottles. A bottle is sufficient to flavor a two-quart pitcher of ice-water; 1 cupful gives a very pleasant flavor.

RASPBERRY SHRUB—2.

Place red raspberries in a stone jar, cover with cider vinegar, let stand 24 hours, then strain, and to 1 pint of juice add 1 pint of sugar; boil 10 minutes, skim, and bottle while hot.

CREAM SODA.

1 pound loaf sugar,	1 quart water,
1 pint rich cream,	1-5 ounce vanilla,
$\frac{1}{4}$ ounce tartaric acid.	

Bring slowly to a boil. If corked too long it will crystallize. Use 1 tablespoon syrup and one-third teaspoon soda to a glass of water.

LEMON OR ORANGE SYRUP.

To each pint of the juice of fresh, sound fruit, add $1\frac{1}{2}$ pounds sugar. Boil, skim, and seal in jars or bottles.

EGGS.

THERE is no food that contains so large a proportion of nutriment according to its bulk as eggs; they are a meal in themselves. Plain boiled, they are wholesome; and it is asserted on French authority that it is easy to dress them in five hundred different ways, economical and palatable. They contain phosphorus, which is brain food, and also sulphur, which performs a variety of functions in our physical economy. That they are too expensive seems to be the excuse most often given for their non-appearance during the greater part of the year; but at twenty-five cents a dozen they are cheaper than steak at fifteen cents, or chickens at a shilling a pound, and much more healthful during the warm weather.

As a food for children, eggs cannot well be excelled, as they contain in a compact form everything necessary to the growth of the youthful frame. Eggs are not only food but medicine. The white is very efficacious in case of burns; and the oil from the yolk is quite a cure for bruises, cuts and scratches. A raw egg, if swallowed in time, will effectually detach a fish-bone in the throat, and the whites of two eggs are a sure and convenient antidote for the poison of corrosive sublimate. They strengthen consumptives and invigorate the feeble.

Many elaborate inventions for testing the newness of eggs have been patented, but to the housewife of experience they are not necessary, and one lacking experience may very soon gain it. A piece of pasteboard five or six inches square, with a hole in the center, about an inch square, held in front of a strong light, is all the apparatus necessary for the purpose, especially for determining the freshness of light-shelled eggs. Place the egg against the hole, and look through it; if it is a new-laid egg it will be quite full, but after about twenty hours an air-chamber or open space can be seen at the larger end, and this gradually enlarges as the egg grows older. A bad egg will not only have a large air-space, but the contents will be seen to have a mixed appearance towards the cen-

ter. Get a new-laid egg, and some of different ages, and look at them, and one such lesson will be sufficient. A piece of paste-board can be easily obtained, and if a lamp is not at hand, the sunlight will answer the purpose nicely, so the thrifty housewife need not pay for good eggs and receive poor ones.

A simpler way to examine them is to put them into a weak brine. A heaping tablespoon of salt dissolved in a quart of water will make it the right strength. Eggs that are not more than a day old will fall to the bottom of this brine; if more than six days old they will float; if very bad they are so buoyant as to ride on on the surface of the brine.

To beat whites of eggs: Use an earthen dish, broader at the top than at the bottom, and the bottom deeper in the center than at the sides. Break the eggs gently, and allow the whites to fall in the basin while the yolks are kept in the shell. This is done by breaking the egg in the middle, opening slowly to let the white fall; if some remains turn the yolk from one half to the other till the whole has fallen. Add a very small pinch of salt to prevent curdling, beat slowly at first, and increase the speed as the egg grows light. It is done when it will not slide on the inclined surface of the dish.

There are few ways of preparing eggs that are really difficult, but these hints may prove helpful: A little pinch of soda should be added to all kinds of custard, and they will not whey so easily; if hot milk is called for in a recipe, remember that it must be poured over the eggs, instead of stirring the eggs into the milk, or they will be found cooked in little strings, or have a curdled appearance. This rule is reversed, however, in making soup of milk and eggs, when the stringy appearance is desirable. Where fruit is called for, be careful not to use too much juice, especially that which is stewed or canned. Try custard to determine if done by a clean broom straw or a knitting needle; if it comes out smooth, remove the custard from the stove at once.

A few directions for preserving eggs are given here: Eggs will keep in salt or when put down in lime, but are apt to taste strong after a time, and the whites become thin and watery. The best way is to dip them in a strong solution of gum arabic; dry them.

dip again and dry thoroughly; then wrap each egg in paper, and pack them in bran. Use only fresh eggs, and one will have fresh eggs in the winter when wanted. It is some trouble, but like many other things requiring time and patience, the end pays for the work.

Eggs may be preserved by rubbing them with a preparation made of equal parts of beef suet and mutton tallow melted together. It should be soft enough to spread well when applied. Be sure that every part of the egg is touched, and when all are greased, begin with the ones first treated, wipe them with a cloth, roll them in paper, and pack them in bran. A French method is to smear them with olive oil in which a little beeswax has been melted; also to paint them over with varnish.

Another tested way is to pack them firmly in dry sawdust, and keep in a cool, dry place. There has always existed a great difference of opinion as to which end down eggs should be placed, in packing for winter use. W. H. Todd, the well-known Ohio breeder of poultry, gives what seems to be a sound reason for packing them larger end down. He says: "The air-chamber is in the larger end, and if that is placed down the yolk will not break through and touch the shell, and thereby spoil. Another thing, if the air-chamber is down, the egg is not as liable to shrink away. These are two important reasons deducted from experiments, and they materially affect the keeping of eggs."

RECIPES FOR COOKING EGGS.

BAKED EGGS—1.

Plain baked eggs make a pretty breakfast dish. Take a deep earthen plate, butter it and break in the eggs, adding salt, pepper, bits of butter, and bake in a moderate oven. Garnish with curled parsley, and serve with buttered toast.

BAKED EGGS—2.

8 eggs,	3 tablespoons cream,
Pepper and salt,	Bits of butter.

Break the eggs into a well-buttered dish, sprinkle with pepper and salt, add the butter and cream; set in the oven and bake until the whites are set, or 10 minutes. Serve very hot. Grated cheese may be sifted over it.

EGG BASKETS.

Boil 6 eggs hard, cut nearly in half and extract the yolks ; rub these to a paste with some melted butter, pepper and salt, then set aside. Pound the minced meat of cold roast chicken, duck or turkey in the same manner, and mix with the egg paste, moistening with melted butter, or with a little of the gravy. Cut off a slice from the bottom of the hollowed whites of the eggs, to make them stand ; fill with the paste, and put them close together upon a flat dish. Pour over the gravy left from the roast, heated boiling hot, and mellowed by a few spoonfuls of cream or rich milk. Set into the oven 5 minutes, and serve.

BIRDS' NESTS—1.

1 ounce fowl or meat,	Chopped parsley,
½ cup bread crumbs,	Powdered thyme and marjoram.
½ pint stock,	½ lemon, grated rind and juice,
1 egg,	4 hard-boiled eggs.

Mince the fowl or meat fine ; add bread crumbs, herbs and lemon juice, with the well-beaten egg to bind the mixture. Have the eggs warm, take from the shells and cover with the mixture. Fry them a light brown. Cut them in halves, and also cut off the end of the white, that they may stand on the platter. Have the stock hot, and well seasoned ; pour over the eggs and serve.

BIRDS' NESTS—2.

Boil eggs hard, remove shells, surround with force-meat ; cut in halves, fry or bake till nicely browned, and place in the dish with gravy.

BOILED EGGS.

Eggs cannot be too fresh for boiling, but a new-laid egg requires a little longer time in cooking than one three or five days old ; to make it particularly nice, slip it into a covered vessel of cold water, and when the water boils it will be beautifully cooked, the white delicate as a jelly, not tough and hard as when ordinarily cooked by putting into boiling water. The nicest way to eat a soft-boiled egg is from the shell. Place the small end of the egg in an egg cup. The large end should have the shell removed ; then take away a small piece of the white and there is ample room for salt, pepper, and butter, which may be mixed with the egg without difficulty. The serving, however, is a mere matter of

taste, and many prefer the egg broken into an egg cup or glass. Or, send the eggs to the table in a bowl, and pour on boiling water. After 5 minutes drain, and cover with more boiling water. Serve in 5 minutes. This is a simple and healthy way of boiling eggs, and should always be used for invalids and delicate persons. Eggs for salads, garnishings, and to be eaten hard, should be boiled from 30 to 45 minutes. They are unhealthy otherwise, and the yolks when mashed will not be mealy or free from lumps. To shell them, drop into cold water a few minutes, roll on the table with the hand, and the shell will peel off easily. If they have been allowed to become cold, dip for 1 minute in boiling hot water, and proceed in the same manner.

HARD-BOILED EGGS.

Ham or dried beef,	A little mixed mustard,
A bit of butter,	Hard-boiled eggs.

Cut the eggs in halves, take out the yolks, mix with the minced ham or dried beef, and season with salt and pepper; add the mustard and butter. Stuff each half of the egg and stand on a hot platter. Serve hot with a Bechamel sauce.

Sauce.

$\frac{1}{2}$ teacup sifted flour,	1 pint milk,
$\frac{1}{8}$ teaspoon salt,	1 small onion,
A little black pepper,	A little parsley.

Rub flour and milk smooth, boil slowly, adding salt, onion, pepper and parsley. When thick, add butter the size of an egg and strain. Thin it with cream if necessary.

BREADED EGGS.

Boil 6 eggs hard. When cold, remove the shells, slice them lengthwise; dip each slice in a beaten egg, then in fine bread crumbs, and fry in butter or boiling lard. Serve hot.

EGGS BROUILLE.

6 eggs,	2 mushrooms,
$\frac{1}{2}$ cup milk or cream,	1 teaspoon salt,
3 tablespoons butter,	A little pepper,

Nutmeg.

Cut the mushrooms into dice, fry 1 minute in 1 tablespoon of butter; beat the eggs, salt, pepper and cream together, and put into a saucepan. Add the butter and mushrooms to these ingre-

dients, stir over a moderate heat until the mixture begins to thicken, take from the fire and beat rapidly until the eggs become thick and creamy. Have slices of toast on a hot dish. Heap the mixture on these and garnish with points of toast. Serve immediately.

EGGS À LA CREME.

Hard boil 12 eggs, and slice in thin rings. Butter well a deep baking dish, and fill with alternate layers of bread crumbs and egg slices. Sprinkle the layers with salt and pepper, adding bits of butter. Let the top layer be of bread crumbs. Cover with sweet cream and bake in a moderate oven.

CURRIED EGGS.

1 pint stock,	1 cup cream,
1 tablespoon curry powder,	2 onions,
8 hard-boiled eggs.	

Slice the onions and fry in butter; add the curry and broth: stew till the onions are tender, then add the cream thickened with rice flour and simmer a few minutes. Cut the eggs in halves or slices, lay in a deep dish, and pour over them the sauce. Set the dish over boiling water till the eggs are hot, and serve.

DEVEILED EGGS.

12 fresh eggs,	½ teaspoon mustard,
½ teaspoon powdered celery,	Butter, size of an egg,
4 tablespoons vinegar.	

Boil the eggs, take off the shells and cut across in the middle; take out the yolks and mix them with the other ingredients; cut a thin slice from the end of the white of the egg, so each cup will set firmly on the platter, and fill with the prepared mixture. Garnish with celery, lettuce or nasturtium leaves. Serve with thin slices of bread and butter. Or, cut the eggs lengthwise in halves, take out the yolks, mash fine and beat into them with a fork a mayonnaise or other strong salad dressing. Fill and round up each white cup with the mixture, and arrange on lettuce or cress leaves, serving with cold boiled ham. In preparing for picnics fill to the level of the sides, join the halves together, and wrap in waxed paper.

SCALLOPED EGGS.

Hard-boiled eggs,	Meat broth,
Minced ham, veal or chicken,	Butter sauce.

Moisten bread crumbs with meat broth and line a buttered dish ; slice the hard-boiled eggs and dip in a butter sauce to which a well-beaten egg has been added ; put in alternate layers of crumbs, with egg and ham, veal or chicken, finishing with dry, sifted bread crumbs and bake. Or, mix equal parts minced ham and fine bread crumbs, season with salt, pepper and melted butter, adding milk to soften ; half fill buttered gem pans or small patty-pans with this mixture. Break an egg carefully upon the top of each, dust with salt and pepper, sprinkle finely-powdered crackers over all, set in the oven and bake 8 minutes. Serve immediately.

EGG FONDU.

6 tablespoons cream,	1 saltspoon salt,
4 heaping tablespoon grated cheese,	Cayenne,
1 tablespoon butter,	6 eggs.

Beat the eggs until light ; add cheese, cream, salt and pepper. Melt the butter in a frying pan and when hot pour in the eggs, stirring till smooth and thick. Serve this immediately on hot buttered toast.

EGGS PRICASSEED.

4 eggs,	1 small onion,
1 dessertspoon flour,	2 tablespoons gravy, or milk,
1 small cup cream,	1 large tablespoon butter.

Boil the eggs hard and lay in cold water. Melt the butter in a stewpan and add the onion, finely chopped ; cook till soft. Rub the flour and butter to a smooth paste ; add the gravy and stir till thick. Cut the eggs into long quarters and lay them gently in the gravy, shake the pan around and add cream, with a little sugar and nutmeg. Shake the pan again, but do not break the eggs. When the sauce is thick and fine, put the eggs on a dish, serve with the sauce, and garnish with lemon.

FRIZZLED EGGS.

Put a piece of butter the size of a hazel nut in a cup, with a pinch of salt and a little pepper. Break in 2 eggs without stirring. Cook in a pan of boiling water. When the whites are set, serve immediately.

FROTHED EGGS.

1 lemon,
8 eggs,

1 tablespoon water
Sugar,

Salt.

Mix the juice of the lemon with the water, beat with it the whites of 4 and the yolks of 8 eggs, and add sugar and salt. Cook carefully in an omelet pan. Have ready 4 whites of eggs whipped with a pound of white sugar to a high froth, flavored with vanilla or lemon. Place the omelet on a dish and heap the frothed egg over it. Brown it lightly in an oven or before the fire. Cook in 5 minutes. Sufficient for four persons.

EGG GEMS.

1 cup chopped cold meat,
1 tablespoon melted butter,

1 cup bread crumbs,
Salt and pepper,

Eggs.

Mix together the meat and bread crumbs, add the butter, pepper and salt, and enough milk to bind it together nicely. Have gem pans well greased and fill with the mixture; break an egg carefully on the top of each; season with salt and pepper, and sprinkle with cracker crumbs; bake 8 minutes.

FRIED EGGS.

Eggs may be fried in ham fat, sweet lard, or clarified butter; the last is preferable. They should never be dropped into the grease until it is smoking hot, and too many should not be fried at a time. Dip the hot grease over them, instead of trying to turn them in the kettle. One way to serve them is to fold the white up over the yolk as the egg is cooking, and send them to the table in dainty, round balls. Or, cut stale bread into slices an inch in thickness and toast it slightly in the oven; then with a disc cut from the center a round piece an inch in diameter, place the slices on a plate that has been thickly covered with clarified butter, and in the hole in the center of each, carefully break an egg. Season and bake. Toast the round pieces taken from the bread a little more, dip them quickly into boiling hot water and butter them. When the egg is cooked, put a little piece of butter on it and then cover it with a round piece of toast. Or, fry quickly and serve on toast, and pour a little tomato sauce over the whole. Fried eggs look nicer when served either on toast, slices of ham, or a spoonful

of mashed potato that has been worked with the spoon into a little cake. Eggs can be fried in round balls by dropping one at a time into boiling lard, first stirring the lard till it turns like a whirlpool. Take out with a skimmer. Eggs can be poached in boiling water in the same way.

HAM AND EGGS.

The ham should be boiled. If boiled, cut slices of the thickness desired, and lay, 1 for each egg, in a hot spider; cook 3 minutes on each side, and lay on a hot platter. Break the eggs into a saucer; put into the same pan and fry until the white is set. Add butter, if the ham has not sufficient fat to fry the eggs. Lay an egg on each slice of ham. If the eggs cook together, separate them neatly with a knife. Serve hot. If the ham is raw, take off the rind, and if very salt, pour hot water over it, but do not let it soak. Wipe dry and fry in a hot spider. Cook thoroughly, 2 or 3 times as long as if it had been boiled. Fry eggs as previously directed. The ham can be put in the center of the platter and the eggs laid in a circle around it.

EGGS AU LIT.

2 beaten eggs,	Melted butter,
Parsley, chopped fine,	Pepper,
Breast of cold boiled fowl, minced fine,	Salt.

Warm all in a frying pan, stirring and tossing. When thoroughly heated, arrange the mixture in a thick layer on an oval dish, and place on the mince enough fried eggs to cover it. Dust with pepper and salt, and lay some triangular croutons of fried bread around the base of the dish. This is also good made of minced cold corned beef, or one-half corned beef and one-half cold mashed potatoes.

PICKLED EGGS.

1 pint strong vinegar,	$\frac{1}{2}$ pint cold water,
1 teaspoon cinnamon,	1 teaspoon mace,
1 teaspoon allspice.	

Boil the eggs till very hard and take off the shells; put the spices, tied in a white muslin bag, into the water, boil, and as the water wastes away, add enough to leave one-half pint when done; add the vinegar, and pour over the eggs, using as many as the mixture will cover. The pickle will do to use another time. Or,

Mix ; butter thin slices of bread, spread with the mixture, put two slices together, the salad between them, and cut in halves. These are nice for picnics and lunches.

EGGS WITH CELERY SAUCE.

Make a celery sauce with cream. Poach 6 eggs and lay them on rounds of buttered toast in a circle, or oval, on a platter. Pour the celery sauce in the center and serve hot. Or, the toast may be laid in the center with the celery sauce poured over all.

Celery Sauce.

1 tablespoon flour,	1 cup cream,
1 tablespoon butter,	1 teaspoon salt,
Celery,	Pepper.

Cut the celery into one-half inch lengths, cover with boiling water and cook till tender. Strain off the water when ready to use. Melt the butter slowly, sprinkle in the flour, stirring carefully. Heat the cream to the boiling point, and stir it gradually into the thickened butter. Let it boil 2 minutes, and add the celery, with salt and pepper to taste. Cook until the celery begins to break. This sauce should be made in a double boiler to prevent any burning of the cream.

EGGS WITH CURRY SAUCE.

6 hard-boiled eggs,	2 eggs, yolks,
1 teaspoon salt,	4 tablespoons butter,
1 teaspoon curry powder,	2 tablespoons cooked rice,
1 teaspoon thick cream.	

Take the shell from the eggs, and cut lengthwise in halves ; mash the yolks fine with the butter, salt, curry, cream, and the raw yolks. When thoroughly mixed, add the rice with a fork. Fill the egg cups with the curry mixture, rounding up well. Smooth the surface with a knife dipped in butter, and set the eggs on a buttered plate to keep hot. Serve on a bed of mashed potatoes, toast, or within a border of rice, with the following sauce :

Curry Sauce.

3 sliced mushrooms,	Sprig of thyme,
1 onion,	1 teaspoon curry powder,
• 2 cups thin Bechamel sauce,	Butter.

Chop the onion and fry in butter with thyme and mushrooms. When the onion is brown add the curry, fry 2 minutes longer and

stir in the Bechamel sauce. Boil up, and let simmer 10 minutes on the back of the stove. Skim the butter off the surface, strain, and pour over the eggs.

EGGS WITH TOMATO SAUCE.

Halve 6 hard-boiled eggs, lay on a deep plate, and pour over them the tomato sauce. Cover, and place over boiling water 10 minutes. Or, prepare as for eggs and celery sauce, using tomato sauce instead.

Tomato Sauce.

3 tomatoes, or $\frac{1}{2}$ can,	1 onion, chopped fine,
1 tablespoon butter,	1 teaspoon sugar,
Salt and pepper.	

Put the tomato into a saucepan with the butter, salt, sugar, pepper, and the onion, delicately fried in butter, and stew 20 minutes. Take from the fire and strain through a sieve. Melt 1 tablespoon butter, and sprinkle in 1 tablespoon flour; stir together until thickened and of a rich golden color; remove from the fire. stir in the sauce, and let boil until rich and thick, when it is ready for use.

EGG SCALLOPS.

5 eggs,	1 teacup mashed potatoes,
1 teacup boiled rice,	1 teacup chopped capers,
1 teaspoon vinegar,	1 teaspoon Worcestershire sauce,
Pepper and salt,	1 tablespoon melted butter.

Boil the eggs 20 minutes and when cold, remove the shells and chop up roughly. Mix thoroughly with mashed potatoes and boiled rice; add the other ingredients. Mix well and put into scallop shells, gem or muffin pans, sprinkle bread crumbs over the top, a few bits of butter, and bake until light brown.

SCRAMBLED EGGS—1.

1 teaspoon butter,	$\frac{1}{2}$ cup milk,
Salt and pepper,	8 or 10 eggs,
1 tablespoon minced parsley.	

Put the milk into a saucepan, and when hot stir in the eggs, adding the butter, with salt, pepper and parsley. Line a dish with crustless toast dipped in hot milk, seasoned with butter and salt, and pour the eggs over the toast.

SCRAMBLED EGGS—2.

12 eggs,

1 cup cream,

Pepper and salt to taste.

Heat the cream in a saucepan, pour in the eggs, which have been broken into a bowl; place over a slow fire and stir constantly, that the eggs may be evenly cooked. Add pepper and salt, and serve hot.

SCRAMBLED EGGS—3.

10 tablespoons milk,

10 eggs,

2 tablespoons butter,

Salt and pepper.

Warm the milk in a saucepan, and add the butter, salt and pepper. When nearly boiling, drop in the eggs, broken one at a time; with a spoon or thin-bladed knife gently cut the eggs and scrape from the pan while cooking. Success depends wholly on cooking gently and evenly, proportions being of secondary importance. Take from the stove before all has thickened, and continue turning up from the bottom of the dish a moment longer; if served in another dish, have it well heated. The mixture should be in large flakes of mingled white and yellow, and as delicate as baked custard. Some prefer them scrambled without the milk.

STEAMED EGGS.

Butter a deep plate, and pour in the eggs; salt them, place in a steamer over boiling water, and cook until the whites are firm. Eggs keep their form better if broken into little tins. Cooked in this manner the whites are tender and light and can be eaten by invalids.

STUFFED EGGS—1.

Hard-boiled eggs,

Chopped cold chicken,

Minced onion or parsley,

Soaked bread crumbs,

Pepper and salt.

Cut the eggs in halves lengthwise, chop the yolks and mix with the chicken and other ingredients. Moisten with gravy or the uncooked yolk of an egg. Fill the halves level, put them together, roll in beaten egg and bread crumbs; lay in a wire egg basket and dip in boiling lard; when slightly brown, serve with celery or tomato sauce.

STUFFED EGGS—2.

6 hard-boiled eggs,	2 teaspoons soft butter,
1 teaspoon cream,	3 drops onion juice,
Salt and pepper.	

Halve the eggs, take out the yolks, mash fine, and add them to the other ingredients; mix all thoroughly and fill the white cups with this mixture; put them together. There will be a little of the filling left, to which add 1 well-beaten egg. Cover the eggs with this mixture and roll in cracker crumbs. Fry a light brown in boiling fat.

SWISS EGGS.

Cheese,	1 cup cream or milk,
6 eggs,	A little red pepper.

Line a deep plate with thin slices of cheese; mix thoroughly with the cream or milk, wet or dry mustard, and the pepper; pour half the mixture into the dish, then carefully break in the eggs so they will keep their shape and pour the rest of the cream over them. Bake 8 or 10 minutes, or till they are slightly brown. The cheese melts and thickens the milk or cream.

SCOTCH WOODCOCK.

2 hard-boiled eggs,	1 tablespoon butter,
2 teaspoons anchovy sauce.	

Chop the eggs fine; melt the butter in a saucepan and put in the eggs and sauce. Arrange small squares or rounds of toast, well buttered, on a plate. Pour over the sauce when dissolved, and place for a few minutes over hot water.

OMELETS.

Omelet making is easily learned, and there is very little chance of failure for one who can work quickly. The whites and yolks should always be beaten separately, the whites to a stiff froth, and the yolks until foamy. The milk and seasoning should be added to the yolks, stirred well, the whites beaten in, and the mixture cooked immediately. No more eggs should be prepared at a time than can be cooked. If there is a large family, it is better to cook twice. If the omelet is to be fried, the butter in the frying pan or spider must be as hot as it can be without burning; if baked, use a well-buttered tin for the purpose and heat it on top of the stove

before the mixture is poured in. If the butter burns, the color of the omelet will be dingy and less appetizing. Pour the mixture into the hot pan; stir it after a minute or two; slip a knife around the edges and shake a little to prevent sticking. It should cook gently from five to ten minutes. When the edges are set put the pan into a hot oven one minute to brown. Now fold; this is done by running the knife under the side of the omelet nearest to the handle and turning that part over so as to nearly or quite double it; slide or turn it out on to a hot platter. Garnish, and serve immediately or it will fall. These things are essential to a good omelet: fresh eggs, a perfectly smooth pan or spider, well greased on the bottom and sides with butter, and a fire hot enough to cook the center without scorching the outer edges. An omelet should be fluffy in the center, and flaky all through. The use of milk makes an omelet fluffy and tender. Without it, it is firmer and more meaty.

Omelets take the name of the special article used to flavor them, and there is thus a great variety.

PLAIN OMELET.

5 eggs,	2 tablespoons cream or rich milk,
1 teaspoon salt,	1 teaspoon flour,
	Pepper.

If milk is used, add a little butter. This amount will make a nice omelet large enough to cook in a pan that fits a No. 9 stove. Make according to directions. Or,

2 tablespoons butter,	1 teaspoon salt,
1 tablespoon flour,	Pepper,
6 tablespoons milk,	6 eggs.

Beat salt, pepper and flour into the yolks of eggs; warm one-half of the butter in the milk and stir into the yolks; add the whites, beaten stiff, the last of all, using the rest of the butter for the spider.

MEAT OR FISH OMELET.

Use any kind of cold meat, fish, game or poultry; all skin, gristle, or objectionable parts must be removed; chop fine or pound soft, adding salt and the desired spices. This can be either stirred into the omelet just before cooking, or spread across the top before putting it into the oven, or heated in a little cream, and

laid on previous to folding. Use 1 tablespoon meat to 4 eggs. Potted meats can be used to advantage.

VEGETABLE OMELET.

All vegetables should be hot and seasoned as for the table, chopped fine and stirred into the omelet, or made into a hot puree or sauce, and spread over the omelet before folding, or putting into the oven. Care must be taken that the omelet does not cook too much.

SWEET OMELETS.

These are used for breakfasts or plain desserts. Make a plain omelet, omit the pepper and add a little sugar to the yolks. Spread preserves on half of it just before folding. Sprinkle with powdered sugar. Raspberry or plum jam, peach butter, or strawberry preserves are very nice for this purpose. For individual omelets, have little pie-tins made with a handle on the side, to take them from the oven. When baked, turn each one out on a hot plate and serve immediately. Two of these are nice put together with fruit or creamed oysters between them.

ASPARAGUS OMELET.

1 bunch asparagus,	6 eggs,
2 tablespoons sweet cream,	1 tablespoon melted butter.

Boil the asparagus until tender; when cold, cut off the green parts and chop fine; beat the eggs light. Mix all together, season with pepper and salt, put the butter in a pan, pour in the mixture, and cook like any omelet. Serve hot.

BAKED OMELET.

6 eggs,	1 tablespoon butter,
1 small cup milk,	1 tablespoon flour,
Pepper and salt,	Chopped parsley.

Warm the butter in the milk, and stir into the yolks beaten well with the flour, the salt, pepper and parsley. Beat the whites stiff and add last. Pour into a buttered pan and bake in a quick oven.

CHEESE OMELET.

Plain omelet, (see recipe),	4 tablespoons cream,
	10 tablespoons grated cheese.

Mix the cheese with the cream and stir it smooth. Take recipe for Plain Omelet, add cheese and cream to the yolks, with

salt and pepper, then the whites, and finish according to general directions.

HAM OMELET.

4 eggs,	2 tablespoons flour,
$\frac{1}{2}$ pint milk,	2 tablespoons grated ham.

Beat the eggs, milk and flour well, add the grated ham, and fry in nice lard or the drippings of roasted ham. Cold boiled minced ham in the proportion of 1 tablespoon to 1 egg is as nice.

OMELET AUX FINES HERBES.

Plain omelet, (see recipe),	1 tablespoon parsley,
1 tablespoon sorrel,	1 tablespoon thyme,
1 tablespoon sweet marjoram.	

Chop the herbs very fine and mix with the yolks of eggs, add the beaten whites last, and make according to directions in Plain Omelet. This is an old and favorite dish. Prof. Blot omits the thyme and sweet majoram and substitutes 1 tablespoon chives, a delicate variety of onion.

OYSTER OMELET.

12 large oysters.	6 eggs,
1 tablespoon butter,	Salt,
1 teaspoon chopped parsley,	Pepper,
1 teaspoon flour,	$\frac{1}{2}$ cup cream.

Beat yolks and whites of eggs separately. Add salt, pepper, flour, cream, and parsley and beat till smooth. Melt the butter and beat into the mixture. Have a large pan for the omelet, heat well and butter. Do not let the butter brown. Beat the whites into the mixture and pour into the pan. The oysters may be previously fried, and placed across the omelet before folding, after it is cooked. Or, cut in halves, or chopped fine, and put into the omelet mixture just before cooking. Serve immediately.

POTATO OMELET.

Plain omelet, (see recipe),	2 tablespoons butter,
2 boiled potatoes chopped fine,	1 tablespoon chopped parsley.

Melt the butter in a spider, and when hot, brown the potatoes adding salt, pepper and parsley. Make a plain omelet, and before the eggs are set lay over the potatoes. Fold, and serve.

OMELET SOUFFLÉ—1.

6 eggs,	4 ounces sugar,
Grated lemon peel,	4 ounces butter.

Beat sugar and yolks of eggs well together; beat whites to a froth and add to the yolks with the grated lemon peel. Put the butter into a saucepan, and when melted pour in the mixture. Have a moderate fire, and as soon as the omelet begins to harden, after its first stirring, set the dish into a hot oven 5 minutes. Take out, dust with sugar and serve.

OMELET SOUFFLÉ—2.

5 eggs, whites,	$\frac{1}{2}$ cup sugar,
2 eggs, yolks,	$\frac{1}{2}$ lemon, juice.

Beat the whites of the eggs to a stiff froth, add the 2 well-beaten yolks, sugar and lemon juice. Stir all together very quickly, put into a buttered pudding dish, and bake in a hot oven to a golden brown. Serve at once.

SPANISH OMELET.

5 chopped mushrooms,	Pepper and salt,
1 medium-sized tomato	$\frac{1}{2}$ teaspoon flour,
1 small onion,	3 tablespoons milk,
$\frac{1}{4}$ pound bacon,	1 tablespoon butter,

6 eggs.

Cut the bacon into dice and fry brown, add the chopped tomato, mushrooms, with the onion finely minced, and cook 15 minutes. Add salt, pepper, flour and milk to the beaten yolks, then the whites well-beaten and mix all smooth. Put the butter into the spider; after it is hot, pour in the eggs, and when nearly cooked add the tomato mixture; fold, lay on a hot platter and serve immediately.

TOMATO OMELET.

6 well-beaten eggs,	2 tablespoons flour,
4 tomatoes, chopped fine,	1 tablespoon butter,
Pepper and salt.	

Rub flour and butter together and add to the eggs. Beat in the tomatoes, add salt and pepper to taste, and cook like plain omelet.

OMELET À LA WASHINGTON.

Make 4 omelets of 4 eggs each. One with apples, one with asparagus or sorrel, one with *finés herbes*, and the fourth a simple one. Serve on a dish overlapping each other. These omelets were frequently served on the table of Washington when he had a grand dinner.

FISH.

RECENT investigation is said to prove that the value of fish, as a brain food, has been greatly exaggerated; however, as fish contains little fat, a large quantity of nitrogenous matter, and is easily digested it should frequently come to the table. The abundance and cheapness of fish, also make it desirable. One of the most common objections to a fish dinner is that it is not as attractive as a meat one, but this may be obviated by care in cooking the fish whole, and by taste in garnishing. There are many delicate ways of serving fish which, with the peculiar kinds of vegetables and sauces that accompany them, tempt the most fastidious appetite.

Fish may be divided into two classes as follows: Salt and fresh water fish; of which are red-blooded and white fish, rock and shell fish. These kinds may be procured fresh, dry salted, pickled or smoked.

Salmon, mackerel, and blue fish, are oily and rich, and may be boiled without losing their nutritive qualities to the same degree as dryer leaner fish. Some parts of halibut, as the fins, are very rank and oily, and are improved by boiling in more than one water. Fish should never be used unless it is perfectly fresh, as some kinds are poisonous when even slightly decayed. To ascertain if a fish is fresh, press on it with the finger. If the flesh is firm, hard, and elastic, it is good; but if the eyes are dull, and sunken, and the gills pale, it is unfit for food.

The flesh of fish will often become soft, even when fresh, by keeping it in water or on ice. This should never be done unless the fish is frozen; then it is necessary to thaw it in cold water. To keep fish cool and firm after cleaning, dry well, rub with salt, and lay on an open wooden rack, such as can be made at home, and place in a box or pan over ice, but not touching it; cover with

a box or pan to keep in the coolness. Do not put fish into the refrigerator as it will taint the other food, especially milk, cream, and butter. Fish out of season will not be good. It is better to use something else.

Of course it is impossible to name all the excellent varieties, as they differ with the locality. In the South is the shad, the sheep's-head, the golden mullet and the Spanish mackerel; in the North the luscious brook trout, and the wonderful and choice tribes that people the inland lakes. Among the best of the fresh-water fish, sold generally in the markets of the interior, are the Lake Superior trout and white fish, and, coming from cold waters, they keep best of all fresh-water fish; the latter is the best, most delicate, and has fewer bones, greatly resembling shad. The wall-eyed pike, bass and pickerel of the inland lakes are also excellent fish, and are shipped, packed in ice, reaching market as fresh as when caught, and are sold at moderate prices. Both eastern and California salmon are shipped in the same way, and sold fresh in all cities, with fresh cod and other choice varieties from the Atlantic coast, but the long distance they must be transported makes the price high. The catfish is the staple Mississippi River fish, and is cooked in various ways.

Eels must be dressed as soon as possible, or lose their sweetness: cut off the head, skin them, cut them open, and scrape them free from every string. They are good except in the hottest summer months, the fat ones being best. A fine codfish is thick at the back of the neck, and is best in cold weather. In sturgeon, the fish should be white, the veins blue, the grain even and the skin tender. Sturgeon is often put up and sold for smoked halibut. The skin of halibut should be white; if dark it is more likely to be sturgeon. Smoked salmon should be firm and dry. Smoked white fish and trout are very nice, the former being a favorite in whatever way dressed. Select good, firm, whole fish. White fish is very nice broiled. Each of the above is better than herring.

Fish should be dressed as quickly as possible in strong salt and water, and, to avoid the necessity of using much water about them, wash with a cloth wet in salted water. Wipe dry, and let lie in the cooler two hours, if possible.

To clean a fish, remove the scales by scraping with a sharp knife, or common iron card, from the tail to the head. Lay it on a smooth board, and scrape slowly, so as not to scatter the scales. Rinse the scraper often in a pan of water. If the fish is to be served whole do not remove the head and tail. Split it open from the gills half way down the body, and remove the entrails, scrape, and clean with a cloth. Be sure to remove all the blood near the back bone, and the sound. If the fish needs to be skinned, as do suckers, and some others, cut a thin, narrow strip down the back, removing the dorsal fin; cut around the neck, insert the knife, and, by aid of thumb and fingers, strip the skin down toward the tail. If it needs to be boned after cleaning and skinning, begin at the tail, and run the knife up the backbone, scraping it clear of flesh, and be careful not to break the flakes. When both sides have been scraped clean, slip the knife under the large bone and remove carefully; the small bones must be pulled out separately, leaving the flesh in shape on the board. Fish with many bones, as pick-erel, shad, herring, etc., are not boned.

A boned fish may be rolled up compactly from tail to head, and boiled, steamed, or baked. Large fish may be cut crosswise into steak. Salt fish should be soaked, at least over night, in clean soft water, skin side up; and most salt and pickled fish are improved by changing water, and soaking six hours longer. Wash all salt fish thoroughly in warm water before soaking.

All fish for boiling should be wrapped in a cloth kept for the purpose, and plunged into boiling water, except salmon, which should be put into lukewarm water to preserve the color, and mackerel and bluefish, which should be put on in cold water. Fish weighing two pounds should be cooked gently about twenty minutes after the water actually boils, and six minutes for each additional pound. Do not boil fish rapidly, as it breaks the flakes before the inside is done. Many prefer to steam fish, because steaming takes less from their nutritive qualities, but it requires more time. The juices of a fish are alkaline, therefore lemon, vinegar, and many of the sauces are excellent neutralizing agencies, and are often added in boiling. If one has not a fish kettle, a round of tin, pierced with holes like a colander to fit a kettle, may

be used. Skewer and tie the fish into the required shape. The letter S is liked, but the circle is more easily made by inserting the tail in the mouth. Lay on the round of tin, and tie all together in a square of cheese cloth, or white netting, keeping the knot on top. Put into the kettle and boil the required time. A strong fork or hook under the knot will lift it out without trouble, and the fish may be slipped on the platter without breaking.

To bake fish, one should have a similar tin to fit the baking pan. Put in something to hold it up from the bottom half an inch, and cover with thin slices of salt pork; fill the fish with a dressing made as for goose, only a little drier, and sew up. Skewer and tie into shape, and lay it on the pork, place slices of pork on the fish, and fasten from slipping with small wooden pins. Bake carefully, basting with melted butter, if very dry. When lifted, remove all the pork, put on the platter, and dot with several small lumps of butter. Salmon or lake trout, shad, white fish, and pickerel are excellent baked. Oysters or white onions may be used in the dressing. Slices of lemon may be laid over the fish when it comes to the table.

To broil fish, a good hard coal fire, or the coals of hard wood in a mass is needed, that the fish may not be smoked. One can cut off the head and tail of small fish and broil whole. Split in halves a fish weighing one pound or less; cut larger fish in half, and divide crosswise to suit the broiler. Oily fish need pepper and salt, but dry ones, like white fish, need to be rubbed in olive oil or butter before broiling. Grease well a double wire broiler with pork fat, put in the fish, hold close to the coals, and turn often. The flesh side should be cooked brown. Small fish need to cook five to ten minutes, and larger fish fifteen to twenty. When the fish is very thick, to brown nicely, lay the broiler on a dripping pan and put into the oven till cooked through. The flesh will easily separate from the bones when it is done. Herrings are sometimes wrapped in buttered brown paper and broiled in a pan in a hot oven; care must be taken that both pan and oven are really hot. Serve broiled fish with butter and pepper, and accompany with salad dressing and sharp pickles.

Only fish should never be fried. Dry fresh fish may be rolled in

wheat or corn flour, and fried quickly in plenty of hot lard. Take out on a large wire receiver, and drain carefully over the pan; add pepper and butter when it comes to the table. Frying in a bit of butter or lard is neither broiling nor frying, but partakes of the nature of both. Cook until the under side is brown before turning, or it will break. Few fish will fry in less than three minutes, and a thick fish requires considerably more time. Have fish thoroughly dry that the flour in which it is rolled may not become pasty.

Stewed tomatoes or some acid sauce should be served with fried fish. Fish to be steamed should be prepared and served as if for boiling. Salt fish may be freshened, and broiled or toasted, and served with butter gravy, or simply as a relish, buttered and peppered. Smoked fish may be broiled or baked in buttered papers. Pickled fish may be freshened and boiled, toasted or baked. Mackerel and herring should be laid lengthwise of the platter, heads and tails alternating. Always garnish the platter, if it be with nothing more than a wreath of wild grape vine in summer, or leaves from cabbage sprouts in winter, made bright with bits of beet pickles, or slices of lemon. Fish is spoiled by waiting, therefore remove all skewers and twine quickly and send to the table on hot dishes. One can easily select No. 1 salt mackerel, as it is marked by the dresser, at the time of putting up, with one slit with a knife at the right of the backbone inside. No. 2 has two slits, and if not marked at all they are of an inferior grade.

FISH IN SEASON.

Trout, white fish, pickerel, crabs, perch, etc., are eaten the year round.

Winter: Halibut, cod, haddock, flounders, white fish, smelts.

September to May: Oysters, clams.

May to September: Salmon.

November to August: Shad, brook trout, lake trout.

April to October: Mackerel, eels, lobsters.

June to October: Blue fish.

GARNISHES.

Fried smelts may be used as a garnish. Pin the tails into the mouths, and fry quickly. Lay the circles on leaves of lettuce, curled parsley, water-cress, or the blanched leaves of celery. Hard-boiled eggs, pickled or simply salted, with leaves of parsley and nasturtium; pickled olives, with leaves of white and rose celery; bits of lemon and mushrooms, with grape leaves or pepper-grass; beet or carrot pickles, with lettuce or parsley; the blooms of nasturtium, with the green seeds pickled, and some finely divided leaves, as cress, carrot, or parsley; small pickles; slices of red and yellow tomatoes and pickled beans, with the bloom and vine of the scarlet runner, make attractive garnishes.

MISCELLANEOUS.

The most attractive way to serve a fish salad is on lettuce leaves, nicely washed, and arranged around the platter. In the middle lay a large, curled leaf, containing a portion of the fish with the dressing. In serving, slip the broad knife under and hold with the trident. Do not muss the salad in removing to the plate. If buttered toast is used, lay the lettuce leaf on the thin slice of well-browned, and well-buttered toast; lay on the leaf an unbroken piece of salmon, or other fish, and add a spoonful of dressing. Scalloped dishes should be served with a spoon.

To carve a baked fish: Place on a platter, with head to the left of carver, make incisions on both sides of backbone, the length of the fish. Divide down the side, and lay back the part cut, clear of the bone. Each part may be separated the same way. Serve a piece of the fish, and the stuffing, leaving the skeleton whole on the platter. A sharp, thin, carving knife, spoon, and broad silver fish-knife with trident, are necessary for the fish, and a ladle for the gravy. Rolled fillets of fish are not divided.

Place a thick piece of a large fish on the platter, skin side up, carve in thick slices, and serve with broad knife and trident. Care should be taken not to break the flakes. Lay the meat, as well as the vegetables, in smooth masses on the bottom of the plate, and not on the edge. Forks are used for fish, oysters, pickles, olives, salad, and asparagus.

RECIPES FOR COOKING FRESH FISH.

BAKED FISH.

Open and clean the fish, removing the head, fins and backbone, wash thoroughly, and lay it flat in a greased dripping pan, skin side down, and add salt sufficient to season. Half a cup of water may be added. Bake till thoroughly done, when the fish will be nicely browned. Remove to a platter, spread with butter, pour as much thick, sweet cream over it as the platter will hold, set in the oven a few moments and serve.

FISH BAKED IN A CAMP FIRE.

The fish may be dressed, but it will be quite as nice if baked without cleaning, and the work of preparing will be lessened. Be sure the fish is dead, roll in several thicknesses of wet paper, folded over closely at each end to keep the steam in and the ashes out. Have a good hot camp fire, that has burned long enough to accumulate plenty of ashes; clear away the coals at one side and dig open the ashes sufficiently to lay in the fish. Cover well with the hot ashes and lay on a few coals. A fish weighing two pounds will cook in 20 minutes. Take from the fire and peel off the paper, scales, and skin, using a sharp knife and a fork. Remove the meat, which separates easily from the bones, season with butter, salt and pepper, and eat immediately. Fish baked in this manner has a delicious flavor. Prairie chickens and partridges may be cooked in the same manner and are equally good.

CHOWDER.

The best fish for chowder are haddock and striped bass, although any kind of fresh fish may be used. Cut in pieces over 1 inch thick and 2 inches square; place 8 good-sized slices of salt pork in the bottom of an iron pot and fry till crisp; remove the pork, leaving the fat, chop fine, put in the pot a layer of fish, a layer of split crackers, and some of the chopped pork with black and red pepper and chopped onions, then another layer of fish, another of crackers and seasoning, and so on. Cover with water, and stew slowly till the fish is perfectly done; remove from the pot, put in the dish in which it is to be served, and keep hot; thicken the gravy with rolled cracker or flour, boil it up once and pour

over the chowder. A little catsup and lemon juice may be added to the gravy.

BOILED FRESH COD.

Put the fish in a fish-kettle, or tie in cloth, in boiling water, with some salt and scraped horse-radish, let simmer till done, place a folded napkin on a dish, turn the fish upon it, and serve with drawn butter, oyster or egg sauce.

TO FRY EELS.

Skin them, wash well, season with pepper and salt, roll each piece in fine Indian meal and fry in boiling lard; or egg them, and roll in cracker crumbs and fry. For sauce, use melted butter sharpened with lemon juice.

FRIED FISH.

Clean thoroughly, cut off the head, and, if large, cut out the backbone, and slice the body crosswise into 5 or 6 pieces; dip in Indian meal, wheat flour, or beaten egg and bread crumbs—trout and perch should never be dipped in meal—put into a thick-bottomed skillet, skin side uppermost, with hot lard or drippings, fry slowly, and turn when a light brown. The roe and the backbone, if previously removed, may be cut up and fried with the other pieces. Or, dredge the pieces in the flour, brush with beaten egg, roll in bread crumbs, and fry in hot lard or drippings enough to completely cover them. If the fat is very hot, the fish will not absorb it, and will be delicately cooked. When brown on one side, turn over and brown the other, and drain when done. Slices of large fish may be cooked in the same way. Serve with tomato sauce or slices of lemon.

BAKED HALIBUT.

Take a thick slice, suitable for baking, or thinner ones piled one on the other with pieces of butter between them. Lay in a baking tin with lumps of butter, add pepper and salt and bake in a very hot oven 15 minutes. Dredge with a little flour, and pour over a pint of boiling water for gravy; bake till easily pierced with a fork. Remove the fish to a platter, add butter and keep hot. Thicken the gravy with flour and pour it over the fish. A little catsup may be added to the gravy.

BAKED PICKEREL.

Remove the head from a large pickerel, clean and wash thoroughly without cutting open. Make a stuffing as for turkey, using milk for moistening, and season only with salt and pepper. Fill the fish and sew, or tie white cloth over the openings to retain the stuffing. Lay lumps of butter on the fish, or lard it with strips of fat salt pork. Put into a long dripping pan with a rack or pieces of broken earthen plates under it to keep it from sticking to the pan. Add milk, not water, and baste occasionally as it bakes, adding more milk if necessary. Bake till well done. The length of time will vary with the size of the fish. A pickerel weighing from 10 to 15 pounds will require from $2\frac{1}{2}$ to $3\frac{1}{2}$ hours. Remove the caps and strings before serving. Serve with cream sauce.

POTTED FISH.

5 pounds fish,	1 ounce allspice,
3 ounces salt,	$\frac{1}{2}$ ounce cloves,
2 ounces ground pepper,	Flour,
2 ounces cinnamon,	Butter,

Vinegar and water.

Let the fish lie in salt water for several hours; cut in slices, and place in the jar in which it is to be cooked, a layer of fish, then the spices, flour, and bits of butter, repeating till filled. Fill the jar with equal parts vinegar and water, cover closely with a cloth well floured on top so that no steam can escape, and bake 6 hours. Let the fish remain in the jar until cold, cut in slices, and serve for tea.

BOILED SALMON.

Take 4 pounds salmon steak, tie in a cloth, and lay on a flat tin, pierced with holes. Put into lukewarm salted water. Boil slowly 20 minutes. Remove, and slip out on a hot platter. Garnish with curled parsley and pickled olives; serve with Worcestershire sauce.

BROILED SALMON.

Take steaks from the center of the fish, add pepper, salt, and a little butter. Broil over a slow fire till done. Lay on a hot platter, add butter, and serve hot with sauce.

CANNED SALMON.

The California canned salmon is nice served cold with any of the

fish sauces. For a breakfast dish, it may be heated, seasoned with salt and pepper, and served on slices of toast, with milk thickened with flour and butter poured over it.

BAKED SHAD—1.

Wipe the shad very dry and remove the bones with a small knife. Place on a buttered gridiron and broil 5 minutes with the inside towards the coals. Remove it carefully to a buttered tin, dredge with flour, add salt and pepper, and pour over it a little melted butter. Bake in a moderate oven 20 minutes. Add small pieces of butter and serve very hot, with asparagus sauce.

BAKED SHAD—2.

Open and clean the fish, and cut off the head; cut out the backbone from the head to within 2 inches of the tail. Soak stale bread in water, squeeze dry; cut 1 large onion in pieces, fry in butter, chop fine, add the bread, 2 ounces of butter, salt, pepper, and a little parsley or sage; heat thoroughly, and when taken from the fire add the yolks of 2 well-beaten eggs; stuff the fish, and when full, wind it several times with tape; cover the bottom of the baking pan with slices of salt pork, put in the fish, baste slightly with butter, and serve, when cooked, with the following sauce:

Sauce:

2 yolks hard-boiled eggs,	2 tablespoons olive oil,
Pepper and vinegar to taste,	$\frac{1}{2}$ teaspoon mustard.

Reduce the yolks of eggs to a smooth paste, add gradually the oil, mustard, pepper and vinegar, beating all thoroughly together.

BROOK TROUT.

Wash and drain in a colander a few minutes, split nearly to the tail, flour nicely, salt, and put in a buttered pan, which should be hot but not burning; throw in a little salt to prevent sticking, and do not turn until brown enough for the table. Butter, and serve. Salt pork may be used in frying them.

TURBOT.

2 eggs,	$\frac{1}{4}$ pound flour,
1 pint milk,	Onion and parsley,
$\frac{1}{4}$ pound butter,	A white fish,

Pepper and salt.

Steam the fish till tender, take out the bone and sprinkle with

pepper and salt. Heat the milk and thicken with the flour; when cool add the eggs and butter, and season with a very little onion and parsley. Fill a baking dish with alternate layers of fish and sauce, cover the top with bread crumbs, and bake half an hour.

BAKED WHITE FISH OR PICKEREL.

Clean, rinse, and wipe dry a fish weighing 3 or 4 pounds, rub inside and out with salt and pepper, and fill with a stuffing made like that for poultry, but drier; sew it up, put in a hot pan, with some drippings and a lump of butter, dredge with flour, and lay over the fish a few thin slices of salt pork or bits of butter, and bake $1\frac{1}{2}$ hours, basting occasionally.

BOILED WHITE FISH.

Dress the fish nicely, and cover in a fish kettle with boiling water, seasoned well with salt; remove the scum as it rises, and simmer, allowing from 8 to 10 minutes to every pound; when about half done, add a little vinegar or lemon juice. Take out, drain, and dish carefully. Garnish with sprigs of parsley and serve with an egg sauce.

BROILED WHITE FISH.

Clean, split down the back, and let stand in salted water for 15 minutes; wipe dry, and place on a well-greased gridiron over hot coals, sprinkling with salt and pepper. Put flesh side down at first, and when nicely browned, turn carefully on the other. Cook 20 or 30 minutes, or until nicely browned on both sides.

STEAMED FISH.

Place the tail of a fish in its mouth and secure it, lay on a plate, pour over it a half pint of vinegar, seasoned with pepper and salt; let it stand an hour over ice, pour off the vinegar, and put in a steamer over boiling water; steam 20 minutes, or longer if the fish is very large; when done the meat parts easily from the bone; drain well, and serve on a napkin, garnished with curled parsley. Serve with a drawn butter sauce.

STEWED FISH—1.

Cut a fish across in slices $1\frac{1}{2}$ inches thick, and sprinkle with salt; boil 2 sliced onions until done, pour off the water, season with pepper, add 2 teacups hot water, a little parsley, and simmer the fish in this until thoroughly done. Serve hot.

STEWED FISH—2.

A 4-pound fish,	2 tablespoons flour,
½ pint cream,	Milk to moisten flour,
½ lemon, juice,	Small lump butter,
1 tablespoon chopped onion,	Salt and pepper.

A dry, fresh-water fish may be stewed to an excellent dish. Remove the head, skin, and bones. These may be utilized by putting them into cold water and boiling for half an hour. Cut the fish in convenient pieces; put into a clean kettle the butter, chopped onion, and the water in which the bones have been boiled, and let boil 8 minutes. Add the cream, a little pepper, the lemon juice, and the flour rubbed smooth in a little milk. Let boil up and remove to a covered dish. Serve with stewed tomatoes, and potatoes browned in a dripping pan with butter and brown stock.

RECIPES FOR COOKING SALT FISH.

CODFISH Á LA MODE.

1 cup codfish, picked fine,	1 pint cream,
2 cups mashed potato,	2 eggs, well beaten,
½ cup butter,	Salt and pepper to taste.

Mix well, bake from 20 to 25 minutes, in the dish in which it is to be served.

BOILED CODFISH.

Soak over night, put in a pan of cold water, and simmer 2 or 3 hours. Garnish with slices of hard-boiled eggs, and serve with drawn butter. Codfish is also excellent broiled. After soaking sufficiently, grease the bars of the gridiron, broil, and serve with bits of butter dropped over it.

CODFISH BALLS.

½ pound codfish,	3 large potatoes,
1 teaspoon butter,	1 well-beaten egg,
Salt and pepper.	

Wash and pick the fish free from bones; pare and slice the potatoes, place in a kettle together, cover with boiling water, and boil till the potatoes will mash but not break. Drain off the water and let dry a moment, then mash and mince until light and well mixed. Add the butter and pepper, and when cool enough, the beaten egg. Flour the hands slightly and shape into balls. Just

before the meat is to be served, heat some lard until it will brown a piece of bread quickly. Drop in a slice of potato, that it may not burn, and plunge in the wire basket containing the fish balls. Remove them when a golden brown, and serve.

BREAKFAST CODFISH.

1 cup codfish,	1 tablespoon butter,
2½ cups milk,	1 level tablespoon flour,
Salt and pepper to taste.	

Soak the required amount of codfish in cold water 1 hour, or over night; pick into small pieces, removing bits of bone, cover well with cold water and heat slowly to the boiling point; drain the water off carefully, add 2 cups milk, and heat slowly. When it begins to boil, add the butter, and the flour stirred smoothly into one-half cup milk; let boil up, stir in the beaten egg, and remove at once from the fire. Cream may be used instead of milk and butter, and is better.

CODFISH HASH.

1 pint boiled codfish,	2 pints boiled potato,
3 tablespoons thick, sweet cream.	

Chop the fish and potato in a wooden tray until fine and thoroughly mixed, add the cream, and heat in a well-buttered spider. Serve with tomato catsup.

SALT COD.

Boiled salt cod may be cut in large cubes, and served in a deep dish, covered with a white cream sauce.

TONGUES AND SOUNDS.

Tongues and sounds must be soaked at least 6 hours. Boil slowly in just water enough to cover, until the skin starts easily; take out into cool water, and wipe it off with a cloth. Have ready a pint of hot milk, in which a tablespoon butter has been dissolved, put in the tongues and sounds, and let them boil up. Thicken with a well-beaten egg, or a tablespoon cornstarch smoothed in a little milk.

BAKED SALT MACKEREL.

Freshen more than for boiling. Grease a dripping pan with lard, lay in the mackerel carefully, and bake 5 minutes in a hot oven. A No. 1 mackerel will give out oil enough for its own

baking. Butter, and serve on a hot platter, garnishing with hard-boiled eggs and parsley.

BOILED SALT MACKEREL.

After freshening wrap in a cloth and simmer 15 minutes; it will be almost done as soon as the water reaches the boiling point; remove, lay on it 2 hard-boiled eggs sliced, pour over it drawn butter, and trim with parsley leaves.

NAPES AND FINS.

Freshen 18 hours, wash thoroughly and tie in a square of cheese-cloth. Boil 10 or 15 minutes in fresh water with a tablespoon vinegar. Drain, and pull out the bones, if they separate readily. Twist into a ring on the platter, and lay slices of lemon over it. Garnish with small, sharp pickles, and serve with creamed potatoes, and drawn butter sauce.

FISH SAUCES.

BUTTER SAUCE.

2 tablespoons butter,	1 tablespoon flour,
$\frac{1}{4}$ teaspoon salt,	1 pint boiling water.

Place the butter in a small saucepan on the stove. As it melts rub the flour into it until smooth and hot, cooking well 1 minute. Be sure that the water is boiling, and pour on, stirring all the time. When the whole boils up thick, turn into a boat, and serve immediately. This may be made richer by adding a well-beaten egg.

BROWN SAUCE.

Scorch flour by setting in the oven before adding to the butter, and make as above.

EGG SAUCES.

1 pint cream,	1 teaspoon salt,
3 eggs,	White pepper to taste.

Heat cream as hot as possible, without burning, add the eggs, well beaten, pepper and salt. If too thick, add boiling milk until thin enough. Add to any cream sauces, oysters, shrimps, lobsters cut in one-fourth inch cubes, or salmon cut in cubes, and let boil up once, but do not add vinegar or lemon until the time of serving.

EGG SAUCE—1.

Same as Lobster Sauce, with 4 hard-boiled eggs, chopped, instead of half the lobster. If liked, 2 tablespoons red tomato catsup may be added. Parsley may be chopped and added to the above sauces to give variety.

EGG SAUCE—2.

1 pint rich milk,	12 capers,
1 tablespoon flour,	2 eggs,
2 tablespoons butter,	1 teaspoon celery vinegar,

Chopped parsley.

Bring the milk to the boiling point, salt to taste, and add the chopped parsley, the butter, little by little, and the flour mixed smooth in some cold milk, then the well-beaten eggs. Some prefer to serve the sauce separately, but it is nice poured over the fish.

HORSERADISH SAUCE.

2 tablespoons grated horseradish	1 egg, yolk,
2 tablespoons cider vinegar,	1 cup cream,
1 tablespoon butter,	Salt to taste,
$\frac{1}{2}$ teaspoon sugar,	Water.

Boil the horseradish 30 minutes in water to cover it, drain, and add the vinegar, butter, salt and sugar; mix thoroughly. Just before serving, add the yolk beaten into the cream. Serve with oysters or fish.

LOBSTER SAUCE.

1 pint lobster,	$1\frac{1}{4}$ pints butter sauce,
Coral of lobster, if obtainable,	$\frac{1}{2}$ wine glass lemon juice.

Put the lobster, cut fine, into the hot sauce; boil up, and add the lemon juice, after removing from the stove, with a bit of cayenne pepper; stir quickly, and pour into a sauce boat.

MUSTARD SAUCE.

1 tablespoon French mustard,	2 raw eggs,
1 teaspoon black mustard, dry,	1 tablespoon vinegar
2 yolks hard-boiled eggs,	1 teaspoon salt,
1 pint butter sauce.	

Heat the mustard, vinegar and salt with 1 tablespoon water. Rub fine the boiled yolks, and add to the mixture, then the raw eggs beaten well with the dry mustard; when the mixture boils, add the hot butter sauce slowly, stirring all the time. Serve with salmon or bluefish.

CLAMS.

Fresh clams are heavy and their shells close tightly. To prepare clams for boiling place a peck of fresh clams in a bushel basket, sift well among them a pint of yellow corn meal, and cover the basket for the night. The next day dash over them a pail of clear cold water, give them another pint of meal and let stand another day. They will then be in fine condition for boiling, the feeding having very much improved them. Now place 2 quarts of boiling water in a kettle, wash the clams well and pour them into it. Let boil smartly until the shells are well open; remove to a large pan, and when cool enough, take off half the shell and serve on the other half, with a little salt. This boiling is necessary in preparing clams for cooking in any way. A pair of sharp scissors are indispensable in removing the black heads, as should always be done in preparing them for stews, soups, scallops and chowders.

• SEASIDE CLAM BAKE.

Have a level floor of stones for an oven, and pile on it seaweed and burn, adding as it burns out, until the stones will crackle when water is sprinkled upon them. Sweep off the ashes, and spread on a thin layer of seaweed. Have the clams well rinsed in salt water. Pile them on the hot stones, making them low in the center, and a ridge around, sloping off to the edges of the rock. Lay into the depression thus made halves of chicken, well dressed, ears of green corn, potatoes, which have been thoroughly cleaned with seaweed or a rough cloth, and a nice bluefish or pickerel; in fact, almost any young, tender meat, fish, or vegetable, is delicious cooked in the steam of the clams. Cover the whole thickly with seaweed, and over this throw a great piece of canvas to keep in the steam. When the shells of the clams in the ridge are thoroughly open, which will be in about 45 minutes, the whole will be done. Have ready melted butter, salt, vinegar, pepper, and brown bread, to serve with this bake. One never gets to the dessert.

CLAM CHOWDER.

1 pint thick, sweet cream,	Clams,
$\frac{1}{2}$ cup milk,	Potatoes,
1 tablespoon flour,	Salt and pepper,
1 quart toasted crackers,	Slices of fat, salt pork,
	Boiling water.

Fry the pork until the fat is nearly out of it. Remove the scraps and pour the fat into a kettle having a second bottom, if possible, as a chowder is very likely to burn. Lay in the potatoes, sliced thin, and the clams, from which the heads have been removed, in alternate layers, until the kettle is half full. Pepper and salt slightly between the layers. Add, if liked, a few slices of onion with the potato. Pour on boiling water until it comes nearly to the top of the layers. Watch carefully that it does not burn. When it has boiled 40 minutes, pour in the cream and let boil up. Add the milk and flour rubbed smooth, and let come to a boil again. Have ready squares of toasted cracker, and take the chowder out on them. Serve with sharp pickles.

FRIED CLAMS.

Remove from the shell large soft-shelled clams; beat an egg well, and add 2 tablespoons water; have the clams dried in a towel, and dip them first in the egg, then in cracker or bread crumbs, and fry, longer than oysters, in sweet lard or butter. Oysters may be prepared for cooking in the same way.

SCALLOPED CLAMS.

Remove the heads, and prepare the same as scalloped oysters.

CLAM STEW.

Remove the heads, and prepare the same as in oyster stew.

CRABS.

The livelier they are, the better, and they must be living when thrown into boiling water. They must be used soon after cooking, and in summer they will not keep more than thirty-six hours.

BOILED SOFT-SHELL CRABS.

Cook immediately after being caught. Plunge head first into boiling water, and cook 15 or 20 minutes. Remove outside shells and shaggy substance. Serve hot from the shells.

FRIED SOFT-SHELL CRABS.

Pull off sand-bags and shaggy substance from beneath the shells, wash, and dry in a cloth. Roll in cracker crumbs and egg alternately, sprinkle with pepper and salt, and fry in very hot lard.

LOBSTER.

Select a live, heavy lobster. If the tail springs back quickly, it is fresh. Lobsters with hard, solid shells, having some black upon them, are the best. A medium-sized lobster needs to boil twenty minutes, or until its shell is bright red.

TO BOIL A GREEN LOBSTER.

Have over the fire a large pot of boiling water, throw in a handful of salt, plunge the lobster in head first, and boil until done. Take it out, and as soon as it can be handled, break off the claws and tail, and remove the soft fins, which lie close to the body, where it joins the legs. Use an ordinary can-opener to aid in removing the shell. When the flesh is reached, the green fat, coral, and white curd are to be saved separately. The meat is all good except the stomach, which should be left in the shell, and the soft gills ought to be removed before taking out the meat. A pair of oyster scissors may be used to advantage in removing the meat from the claws and tail. Never pound them in the middle to break the shell, as it crushes the meat, which looks nicer if kept whole. Many serve the meat as taken from the shell, garnishing with the coral, and leaves of cress. Lobster is rich and indigestible, and should be eaten with salt, pepper, and vinegar, or red pepper, with some hot sauce, as Chili sauce, or catsup, hot with peppers. In cooking lobster, cook just enough to heat it up well, as longer cooking hardens it.

LOBSTER CHOWDER.

Put the lobster in a stewpan, with butter, pepper, cream, and a little milk. The liquid should be enough to cover the meat. When at the boiling point, stir in quickly a well-beaten egg, and serve hot on toasted squares of cracker.

CREAMED LOBSTER.

A cream sauce may be made as for fish. Cut the lobster fine and heat in the sauce, a pint of meat to the same measure of

sauce. Season with lemon, and serve on toast. Garnish with lettuce leaves and slices of lemon.

DEVILED LOBSTER.

1 lobster,	1 tablespoon mustard,
$\frac{1}{2}$ cup vinegar and water,	1 tablespoon French mustard,
2 eggs, yolks,	$\frac{1}{4}$ teaspoon cayenne pepper,
2 hard-boiled eggs, yolks,	Pepper and salt.

Chop the meat of the lobster fine, and add the green fat and coral. Boil the vinegar and water, add the mustard, French mustard, a little pepper and salt, and the cayenne pepper. Thicken this with the creamed yolks of the hard-boiled eggs, beaten with the yolks of the raw ones. When like cream, mix with the chopped meat, and place in a mould. To be used for sandwiches or as a relish.

LOBSTER SALAD.

2 eggs, yolks,	2 tablespoons vinegar,
2 hard-boiled eggs, yolks,	2 tablespoons French mustard,
4 tablespoons salad oil,	Salt and cayenne pepper,

Lobster.

Use canned lobster, or the claws and body of one freshly boiled. Cut it up in small pieces. Mash the coral with the yolks of the hard-boiled eggs, season with salt and cayenne pepper, and add the French mustard. Make a dressing of the beaten yolks of the raw eggs stirred thick with the salad oil and vinegar. Pour this over the mixed meat and coral, and serve on lettuce leaves.

SCALLOPED LOBSTER.

Prepare the lobster as for salad. Put into a baking pan a layer of the prepared meat and cream sauce, and a layer of fine cracker crumbs, and repeat. Moisten the whole with melted butter, and bake until the top is brown. If the crackers are first toasted, and then crumbled, it will be nicer. Some bake and serve in the shells, putting the tail ends on in fanciful shape. Garnish with hard-boiled egg and parsley.

LOBSTER SOUP—1.

1 quart milk,	Lobster,
2 tablespoons flour,	Water,
1 tablespoon butter,	Salt and pepper,

1 fresh, or 2 pounds canned lobster.

Cut the meat into small pieces. If the lobster is fresh, boil the

bones and hard pieces, with cold water enough to cover, 20 minutes; strain off, and add the water to the milk, which has been boiled and thickened with the butter and flour rubbed together. Add the meat, and enough of the coral, previously dried in the oven on a piece of paper, to make a fine color; let boil up, add salt and pepper, and serve immediately with toasted crackers. A bunch of peppergrass or parsley may be boiled in it a moment and removed. A beef stock may be used with the milk if the lobster is canned.

LOBSTER SOUP—2.

1 pound canned lobster,	1 pint boiling milk,
1 pint cream,	Pepper and salt.

Simmer the lobster meat gently in the cream, and add the boiling milk. Season with pepper and salt, and serve with crackers toasted brown, and slices of lemon, or sharp mixed pickles.

SHRIMPS AND PRAWNS.

Boil as a lobster. Remove heads and shell. Eat the part that looks like the tail of the lobster. They are fried, scalloped, or warmed up with fish sauces as lobster.

OYSTERS.

Oysters need to be very fresh to be good. To add water or ice ruins them, and, if kept in a wooden keg, be very careful that the keg is of a wood that will not give them a peculiar taste. It is better to keep them in a stone or tin dish, among ice, at the freezing point, rather than frozen. Small-shelled oysters have the finest flavor. Fresh oysters may be kept in a cool cellar if an occasional pail of salt water be dashed over them. Oysters are fresh if the shells are firmly closed. They may be fed as clams. Never salt oysters until just before serving, as it makes them hard. Canned oysters should not be used if the can is bulged, or if the end has been pierced and soldered. Canned oysters should not be cooked, but quickly heated through in the boiling liquor and milk.

BROILED OYSTERS.

Oysters can be broiled on a wire broiler over a quick fire; dry them well and roll them in cracker dust which has been seasoned

to a deep dish, beat the egg and add to it gradually some of the hot broth, and when cooked stir it into the mixture. Season with salt and pepper and pour over the oysters. The juice of a lemon may be added.

FRIED OYSTERS—1.

2 dozen large oysters,	1 pound clarified fat,
1 teaspoon salt,	Cracker crumbs,

Eggs.

Drain off the liquor from the oysters; prepare cracker dust by rolling crackers very fine, and mix the salt with it. Roll the oysters one at a time in the cracker, and lay in rows on a board or platter. Let remain 15 minutes and dip in the beaten eggs, then roll them again in the cracker dust, beginning with those that were rolled first. Let stand 30 or 45 minutes. It is important to follow the same order in each operation, to give the liquor of the oyster time to drain out and be absorbed by the cracker dust. Now heat the lard in a frying pan; when the blue smoke arises, drop into it a peeled potato or piece of hard bread, which prevents the fat growing hotter, drop in the oysters lightly, and when a light brown turn them; remove to a colander to drain a moment, or lay upon a piece of brown paper. The time for cooking is about 3 minutes. Serve while hot on a hot platter. Fried oysters, to be at their best, must be eaten as soon as cooked; and when a second supply is likely to be needed, it should be cooked while the first is being served and eaten. It is better not to touch the oysters with the hand, as it tends to make them tough; all the rolling and dipping may be done with a fork, without mangling the oyster.

FRIED OYSTERS—2.

2 eggs, or	}	Cracker crumbs,
3 eggs, yolks,	}	Salt,
3 tablespoons cream,		Butter or lard,

Oysters.

Drain the oysters through a colander, and lay each by itself on a cloth, covering with a cloth to absorb the moisture. Beat the eggs, add the cream, and mix thoroughly. Season the crumbs with salt, dip each oyster in the egg and crumbs, and lay upon a board. If any are not well covered, dip them again into the egg and crumbs. Have ready two spiders in which is plenty

of hot butter, or butter and lard. Lay the oysters in the spider and cook over a steady fire. When cooked on both sides remove to a hot platter.

PANNED OYSTERS.

Cut stale bread in thin slices, removing all crust, and make them to fit patty-pans; toast them, butter, and place in pans. Moisten each with 3 or 4 teaspoons oyster liquor; cover with oysters, sprinkle with pepper, and add a small piece of butter; place the pans in a baking pan and put in the oven, covering to keep in the steam and flavor; have a quick oven, cook 7 or 8 minutes, until ruffled, remove the cover and sprinkle with salt; replace the cover and cook 1 minute longer. Serve in the patty-pans.

OYSTER PIE.

Line a deep earthen dish with pie crust and bake; drain a can of oysters through a colander, look over the oysters and lay them in the crust, add salt, one-third cup butter cut in small pieces, and 1 tablespoon strained liquor; cover with cracker crumbs. Add a top crust and bake.

PICKLED OYSTERS.

$\frac{1}{2}$ pint vinegar,	1 teaspoon salt,
2 dozen cloves,	1 teaspoon black pepper,
1 pod red pepper, broken in bits,	2 blades mace,

Oysters.

To every quart of oyster liquor add vinegar, salt and spices in the proportions given. Add the oysters, simmer gently for a few minutes, take out and put in small jars; then boil the pickle, skim, pour it over them, and seal. Keep in a dark, cool place, and when a jar is opened, use its contents as quickly as possible. Oysters pickled thus will keep good 4 or 5 weeks.

RAW OYSTERS.

Wash the shells, open, and remove the flat shell; loosen the cyster, but leave in the deep shell, and serve a half dozen on a plate, with a quarter of lemon in the center. Eat with salt, pepper, and lemon juice or vinegar. Or, make a hollow in a block of ice with a hot flatiron. Drain the oysters, and add salt and pepper before putting them on the ice. Set in a place so cold that the ice will not melt. Before serving, place the ice on a napkin on a platter, and decorate with lemon. A simpler way is to drain well,

sprinkle with salt and pepper, and place the dish on ice for half an hour before serving, adding bits of ice. Serve with horseradish, Chili sauce, slices of lemon, or simply vinegar. Another way is to set a little china barrel before each guest which contains a dozen large oysters. Large barrels containing two or three dozen should stand on the sideboard. Serve lemons, quartered, in a handsome dish, garnished with parsley. Place oyster forks at every cover, with shells of cayenne, flacons of vinegar, and plates of brown bread and butter at intervals on the table.

ROAST OYSTERS.

Wash the shells, dry, and put on a bed of hot coals or a range. When done, they will open a little. Remove the upper shell and serve the oyster in the lower one. Season with salt, and a little butter. Or, remove the upper shell, add salt, pepper and butter to each, place in a pan in a hot oven, and bake 8 minutes. Serve at once.

SCALLOPED OYSTERS.

Small oysters are preferred. Roll crackers or dry bread; butter a deep earthen dish and fill with alternate layers of crumbs and oysters, having the bottom and top layers of the crumbs. Moisten each layer with oyster liquor, add small pieces of butter and season with salt and pepper. Beat 1 egg, add nearly a cup of milk, and pour over all. Allow 10 minutes to heat through, and bake 45 minutes.

OYSTER STEW—1.

2 quarts oysters,	1 cup boiling water,
1 quart boiling milk,	2 tablespoons butter,
Salt and pepper.	

Strain the liquor from the oysters, place in a soup kettle with the boiling water; when at boiling point, add salt, pepper and oysters. Let boil until the edges curl, add the butter, the boiling milk, and take from the fire. Serve at once with crackers.

OYSTER STEW—2.

3 pints oysters,	}	1 pint thick, sweet cream, or
2 quarts rich milk,		Butter size of an egg,
Salt and pepper.		

Place the milk, with the cream or butter, in a stew kettle with the liquor from the oysters. Let boil up, add the oysters and boil

1 minute. Remove, and add salt and pepper to taste. Serve immediately with crackers and mixed pickles. If a thicker stew is liked, add 3 well-powdered crackers to the boiling milk before the oysters are put in, and stir quickly for 2 minutes. Be sure the mixture boils when the oysters are added.

TERRAPIN.

Terrapin can be kept alive through the winter in a cool place where they will not freeze. Feed occasionally with sliced vegetables or parings. Boil as other turtle, or rapidly for fifteen minutes. Remove and wash in warm water, taking off the black outside skin from the shells, and the nails from the claws. Put into clean, fresh water, and boil until the under shell cracks. Open carefully, saving the gravy. Take off the under shell in a way to prevent breaking the gall, which would spoil the whole. Remove the liver with the gall, and then carefully cut off the gall bag, and any part of the liver that may have become discolored by it. Put the upper shells on again, and boil until tender. Remove the intestines and the sand bag, and the meat is ready for use. Terrapin should be soaked in strong salt and water for an hour or more before boiling. Many prepare other turtle in the same way, and consider them nicer for the additional boiling. Use the gravy that escaped from the shell when the under part was removed, in which to heat up the meat. Add butter, pepper, and a pint of thick cream, boil up, and thicken with two well-beaten eggs. Add the juice of two lemons to a terrapin if liked.

BOILED TURTLE.

1 turtle,	2 eggs,
1 pint cream,	1 hard-boiled egg,
1 cup water,	Butter,

Salt and pepper.

Plunge the turtle head first into boiling water, to which a handful of salt has been added. Boil until the feet skin easily. Take off the feet, and remove the skin and nails. Take off the under shell, and remove the liver and gall, taking care not to break them. Remove any part that may not be with the clear four quarters, as sand, or parts of the stomach. The different parts may be served

alone, or it may all be removed to a stewpan, and cooked 20 minutes with butter, pepper, salt, cream, and the water. When nearly done, beat the hard-boiled egg with the raw ones, and add slowly.

TURTLE SOUP.

1 turtle,	2 eggs,
1 quart beef stock,	3 hard-boiled eggs,
$\frac{1}{2}$ pint cream,	2 tablespoons butter,
$\frac{1}{2}$ pint milk,	2 tablespoons flour.

Use green turtle or the canned meat. Cut the green fat into squares and set on ice; cut the rest of the meat into small pieces. Put the stock, cream and milk over the fire together, and let boil up, add the meat, and let simmer; stir in the flour and butter, which have been rubbed together till smooth. Make egg balls of the hard-boiled eggs wet up with the yolks of the raw ones. Place these with the green fat in the tureen and pour over the soup. Serve with lemons and stewed tomatoes.

FRUITS.

THE value of fruits as food is far from being understood. They are more or less abundant in every part of the world, and nourish and refresh those who are wise enough to include them among the necessaries of life.

Nature has provided under a variety of forms and coverings the sweets and acids, flavors and oils, essential to the sustenance of every portion of the body. First in importance and universality is the apple, and the grape follows; these have been called the king and queen of fruits. It has been quaintly phrased that "in that case the berries might be members of the royal family, peaches, pears, and plums, members of the cabinet, and tropical fruits, the foreign ministers." Fruits are first cousins to grains, and science has demonstrated that together they constitute a food which produces a well-developed, strong-limbed and clear-brained people.

The athletes of ancient Greece were trained entirely on a vegetable diet. The boatmen of Constantinople, who live on bread, cherries, figs, dates, and other fruits, have a wonderful muscular development. The children of the desert exist for a long time upon a handful of dates a day, and travelers speak of raisins and parched corn as common fare.

If this were a medical article many authorities might be cited whose study and experience prove "that there is scarcely a disease to which the human family is now heir, but the sufferings therefrom would be greatly relieved or entirely prevented by the use of fruits which are now so generally forbidden" or neglected. Particularly do the nervous American people need all that nature can give in this line to supply the waste of the system, and reinforce the vitality.

During the last ten years there has been a most gratifying increase in the use of fruit, and the supply has multiplied and im-

proved to meet the demand. Fruits are to be highly prized, whether fresh or dried, cooked or raw, as food or in beverages, and ought to constitute a large part of the daily fare. Wives and mothers are learning that a farinaceous and fruit diet is not only desirable for the children, but is one of nature's agencies to provide a sound body and a sound mind, and aid in the formation of temperate desires and habits.

Taste, and often genius is shown in the arrangement of fruit for the table. All varieties are appropriate breakfast dishes, and the season determines largely what can be used. Fruits should be carefully selected. Melons should be kept on ice, so as to be thoroughly chilled when served. Nutmeg melons should be cut in the grooves, and have the seeds removed before serving. Watermelons should either be cut across the middle and served in the rind in sections, or have the heart removed and brought in on the plates. Apples should be perfectly ripe and pared before eating. From among the many varieties some can be found suited to almost every month of the year. Sweet apples are particularly nice baked and served with sweet cream. "Bananas are destined to be the fruit of the future," says one importer, and no other fruit possesses such a large amount of nutriment. The increase of the excellency, and the cheapness of grapes, as well as their abundance in every part of the country, put them within reach of all. The imported varieties flourish luxuriantly in California, while the fineness of her raisins is giving her the precedence over the foreign trade. See that grapes are washed and drained well before serving. Oranges are to the southern and tropical lands what the apple is to the temperate zone, but the facilities of transportation give each section the benefit of all. Our own country now rivals foreign ones in the cultivation of oranges, while California and Florida vie with each other to produce the finest variety. The sourer oranges of the market come from Valencia. The simplest of many ways to eat an orange is to cut a slice from the top and eat the juice and pulp with a spoon. Medical experts claim that a sour orange eaten daily before breakfast produces usually a condition of almost perfect health. Peaches are not only a delicious fruit for food, but beautiful for table decoration. Apricots and

nectarines increase the variety with a delicate though peculiar flavor. Pears are more highly prized each year, and, combined with peaches, plums, and grapes, present a dish delightful to the eye, as well as grateful to the palate. The red or strawberry pineapple is greatly inferior to the white one, though suggesting its delicious flavor. The sugar loaf, one of the sweetest and best pines, comes from Havana, while some choice varieties are produced in Jamaica. They should either be grated, or picked with a fork from the hard core, and sprinkled with sugar a little time before serving. Buy cocoanuts cautiously in summer, as the milk is quickly soured by the heat. Of almonds the Princess is the best variety to buy in the shell; of the shelled, the Jordan is the finest, though the Sicily is good. For cake or confectionery, the shelled are most economical.

Many small fruits are used as long as the season allows. The fresh strawberry, raspberry and blackberry are in great demand on the table; their fine flavor is lost in some measure by cooking. The white currant is a favorite for the table, and the red more commonly used in cooking. Red and white currants mixed form a pleasing dish. If berries are clean do not wash, but pick them over carefully. If they need to be washed, put into a sieve or colander and set in a large pan of water, allowing the water to flow around each berry. Drain quickly, and avoid mashing.

CANNED FRUIT.

“If anything is worth doing at all, it is worth doing well,” finds a good illustration here, for poor work means either spoiled or injured fruit. Select perfect fruit, just ripe, fresh picked, and cook with very little sugar. Small fruits should be picked early in the morning, and canned immediately, if possible. Use a silver knife in preparing large fruits, and drop them into cold water to prevent change of color. All fruit should be carefully picked over, and cooked slowly in a porcelain or granite-lined kettle with a very little water and sugar. The sugar can be omitted without detriment to the fruit. It must boil to prevent fermentation, but not rapidly, or it will lose its flavor and its form.

The cans should be of glass, free from flaws and blisters, with a

tightly-fitting porcelain-lined cover. The rubbers should be fitted, washed in warm, not hot water, and if any are hard or stretched, reject them. They can be replaced from any rubber, crockery or ordinary grocery store for a trifle. Use pint jars for small families. See that the jars are washed, sweet, and the covers fitted before beginning to work.

While the fruit is cooking, thoroughly scald the cans and have them ready in a pan of hot water. When ready to fill, set one at a time on a hot plate, that if the juice is spilled it may be saved. It is better to prepare only two or three cans of fruit at once, as one is apt to get tired and not do the work well. Attend to only one can at a time. Fill level full, let settle a moment, and fill up again. Wipe off the neck of the jar, put on the rubber, fill up with hot syrup, if the fruit has settled more, and screw on the cover as tightly as possible, holding the jar with a damp towel. One object of excluding the air is to keep out germs which would cause the fruit to spoil. Boiling kills these and that is the reason for sealing at the boiling point. This is the whole secret of perfect canning. As the fruit cools, it will shrink and leave a vacuum.

If there is plenty of time, can fruit in the following manner: Fill the jars with the fresh fruit, put on the covers loosely, and set upon a rack, in a large boiler or kettle of lukewarm water. Let the water come within two inches of the top of the cans which must not touch each other. Cover the cans with a thick, folded cloth, and steam until the fruit is soft. A syrup made of equal parts of sugar and water can be poured into each jar, filling it two-thirds full, or sugar can be sprinkled over the berries before putting into the jars, and then steam. If sugar is not used, fill each can full from one kept hot for that purpose, take out from the boiler with a cloth, set on the table, out of a draft, and screw on the top taken from a pan of hot water, first putting on the rubber rings. Everything about the fruit must be kept hot. Before screwing on the top, slip a silver spoon into the jar to allow the air bubbles to escape, then screw it on as firmly as possible, and invert the can on a table in a cool place. Leakage will then be known immediately. When the cans are cool, give another screw

to the cover. Use labels, and apply with the white of an egg. Set them in a cool, dark place, as light and warmth, as well as moisture, causes fermentation. If large mouthed bottles must be used in canning, steam the corks, pare them to fit closely, and drive them in with a mallet. Seal with plaster of Paris, or a wax made as follows: One pound resin, three ounces beeswax, one and one-half ounces tallow. Put it on the corks with a brush at first, and while cooling dip the mouth of the bottle into the melted wax.

To can successfully, have close-fitting covers for the cans, soft, firm rubber rings, keep everything hot, fill the cans full, and seal immediately. Use wooden or silver spoons, porcelain ladles, silver forks, clean, soft towels, and take plenty of time, care and patience.

LENGTH OF TIME REQUIRED FOR COOKING FRUIT.

Blueberries and cherries.....	5 min.
Currants, blackberries, raspberries.....	6 to 8 "
Gooseberries and halved peaches.....	10 "
Strawberries.....	15 "
Whole peaches.....	20 "
Halved pears and quinces.....	20 "
Sliced pineapple.....	20 "
Crab apples and sliced pears.....	30 "

DR. SUSANNA DODD'S TABLE OF PROPORTIONS.

<i>Fruit.</i>	<i>Water.</i>	<i>Sugar.</i>
Strawberries.....	5 quarts.....	1 quart..... $\frac{3}{8}$ cup.
Red currants.....	5 ".....	3 quarts..... 1 "
Red raspberries.....	5 ".....	2 "..... $\frac{3}{8}$ "
Black raspberries.....	5 ".....	5 pints..... $\frac{1}{2}$ "
Raspberries and currants... 5 ".....	5 ".....	$\frac{1}{2}$ "
Blackberries.....	5 ".....	3 "..... $\frac{3}{4}$ "
Gooseberries.....	6 ".....	2 quarts..... 2 "
" for pies.....	6 ".....	3 pints..... 2 "
May cherries.....	5 ".....	3 quarts..... $\frac{3}{8}$ "
Black Morello cherries.....	5 ".....	2 "..... 1 "
Seeded Morello, for pies.... 5 ".....	2 ".....	$1\frac{1}{8}$ "
Grapes.....	6 ".....	2 "..... No sugar.
Cranberries.....	2 ".....	3 pints..... 1 cup.
Peaches.....	6 ".....	1 quart..... No sugar.
Pears.....	7 ".....	1 "..... " "
Damson plums.....	6 ".....	5 pints..... 2 cups.
Green or blue gage.....	6 ".....	3 "..... 1 cup.

CANNED APPLE SAUCE.

Make a syrup of 2 cups water to one-half cup sugar, and prepare tart apples—mellow ones that are not likely to keep long may be used. Put the fruit into the boiling syrup, let cook slowly till done, and can. Do not stir while cooking if it is desired to keep the fruit whole. Or, omit the sugar when canning, and heat and add sugar before using.

CANNED APPLES AND QUINCES.

Prepare equal quantities of apples and quinces. Cook quinces till tender in water sufficient to cover them, take out the quinces and cook the apples in the same water. Put in jars in alternate layers and cover with a syrup, allowing one-half pound of sugar to 1 pound of fruit, and water to dissolve it. Let stand 12 hours, heat thoroughly and seal in cans.

CANNED BERRIES.

Select berries whose skins have not been broken, or the juice will darken the syrup; fill cans compactly, set in a kettle of cold water, with a cloth beneath them, over an even heat; when sufficiently heated, pour over the berries a syrup of white sugar. The richer the syrup is the better for keeping, though not for preserving the flavor of the fruit. Cover the cans closely to retain heat on the top berries. To insure full cans when cold, have extra berries heated in like manner to supply shrinkage. If the fruit swims, pour off surplus syrup, fill with hot fruit, and seal up as soon as the fruit at the top is thoroughly scalded.

PLAIN CANNED BERRIES.

Pick out stems or hulls, if gathered carefully the berries will not need washing, put in a porcelain kettle on the stove, adding a small cup of water to prevent burning at first. Skim well, add sugar to taste, if for pies it may be omitted, let boil 5 minutes, fill glass or stone cans, and seal with putty or plaster of Paris, unless self sealers are used. This rule applies to raspberries, blackberries, currants, gooseberries, or any of the small berries.

CANNED BLACKBERRIES.

To each quart of berries allow 1 pint sugar, sprinkle the sugar over the berries and set in a warm place till the juice settles suf-

ficiently ; boil 15 minutes, put into cans and seal at once. Black raspberries may be canned in the same manner.

CANNED BLUEBERRIES.

Look the berries over carefully, wash them, and for every quart can, allow 1 cup sugar, add water enough to prevent burning, and cook 10 minutes. Can the same as other fruit. An ordinary crate holds sixteen quarts and will can about ten quarts.

CANNED CHERRIES—1.

Wash and stone the cherries, straining the juice and adding it to the fruit. Sprinkle with sugar, allowing 1 cup sugar to each quart. Let stand till the juice settles, cook slowly 10 minutes, pour into cans and seal. The flavor of cherries is improved by boiling a tablespoonful of the pits tied in a muslin bag, with each can of fruit. Remove before sealing.

CANNED CHERRIES—2.

$\frac{3}{4}$ pint sugar,

1 cup water.

2 pounds pitted cherries.

Sour cherries are best for canning, but white ones are also nice as they retain their color after cooking. They require less sugar. Make a syrup of sugar and water in the proportions given, skim, add the fruit, and boil 5 minutes ; pour into jars and seal at once.

CANNED CITRON.

1 pound fruit,

1 lemon, sliced,

$\frac{1}{4}$ pound sugar,

Ginger to flavor.

Pare the citron, cut it in little blocks and steam till tender. Make a syrup of the sugar and water sufficient to fill the cans ; let it boil 10 minutes, add the fruit, ginger and lemon, boil 3 minutes, pour into cans and seal.

CANNED CURRANTS.

Look the currants over carefully, removing stems ; weigh, and heat slowly in a covered kettle ; stew gently 20 or 30 minutes, and add sugar, allowing 1 pound to each pound of fruit. Shake the kettle occasionally to mix the fruit and sugar ; do not boil, but keep as hot as possible till the sugar is dissolved ; seal at once. White currants are excellent canned in this manner.

a syrup of the sugar and vinegar, using a little water if required to cover the peaches; cook soft, and can as usual.

CANNED PEACHES—2.

Pare, halve and stone; make a syrup of 1 pint granulated sugar to 1 quart water, cook in a porcelain kettle, and when it boils, drop in enough fruit for one can; watch closely, testing with a silver fork, remove very gently when the peaches are tender, and place in the can previously heated according to instructions. When filled, pour in the hot syrup, cover, and seal at once; add the fruit to the hot syrup, and repeat the operation. If there are more peaches than are needed, place them in another can and keep hot until more are ready, and so on until all are canned. Skim the syrup before adding peaches, making only enough at one time for two cans.

CANNED PEACHES—3.

Make a sweet syrup and keep it hot in a porcelain kettle on the stove. Have plenty of hot water in another one. Pare, halve and drop the peaches into the boiling water; let them remain until a silver fork will pierce them, then lift out with a wire spoon, fill a can, pour in all the boiling syrup it will hold, and seal immediately. Continue in this way, preparing and sealing only one can at a time; boil down the water with the syrup, if any is left; if not, add more sugar, and quite a nice marmalade will result.

CANNED PEACHES—4.

Pare and halve the peaches, removing the pits, and lay them in cold water. Make a syrup, using 1 pound sugar to 3 pints hot water. Fill the jars with the cold peaches, sprinkling each layer well with sugar; fill the jars with the hot syrup, and seal immediately.

CANNED PEACHES STEAMED.

To peel, place in a wire basket, dip into boiling water for a moment, then into cold water, and strip off the skin; this saves both fruit and labor. The fruit must not be too green or it will not peel, nor too ripe or it will be softened by the hot water. Place a cloth in the bottom of a steamer, half fill with the peaches from which the pits have been removed, cover tightly, set over a kettle of boiling water, and steam till they can be easily pierced with a

silver fork. Prepare a syrup in a porcelain kettle; drop the peaches gently into the boiling syrup for a moment, remove to the cans, fill with the syrup, and seal at once. With the exception of the mode of peeling, this recipe applies equally well to pears.

CANNED PEARS.

Prepare and can as in recipe for canning peaches No. 2, except that they require longer cooking. When done they are easily pierced with a silver fork. A sliced lemon may be added.

CANNED PINEAPPLE.

Pare, cut out the eyes, and pick the pulp from the core of ripe pineapples; make a syrup, using $2\frac{1}{2}$ pounds sugar to 3 pints water; boil 5 minutes, skim, add fruit, let boil up well, pour into hot cans and seal.

CANNED PLUMS.

2 pounds plums,

1 pound sugar,

1 pint water.

Make a syrup of the sugar and water, wash the plums and put them into the syrup whole, boil 8 minutes, put into cans and seal at once. If pricked with a fork before placing in syrup they are less apt to burst. Cherries may be canned in the same manner. Twelve pounds of damsons and three pounds of sugar will fill six quart cans, and the same rule holds good for pears and peaches.

CANNED GREEN GAGE PLUMS.

Look the fruit over carefully and wash it; fill the cans and place in a boiler of cold water, having the water come up as far as possible around the cans and not boil over into the fruit. Cook till the fruit is tender— $1\frac{1}{2}$ or 2 hours. Take out the cans and pour the juice that has accumulated on the plums into a preserving kettle, and add sufficient sugar to make a rich syrup; let boil up well, fill the cans, return to the boiler, and let stand in the boiling water 15 minutes longer; screw on the tops, and remove from the water. Each can must be full before sealing.

TO KEEP PLUMS.

Select perfect plums, which are not too ripe, and fill a large crock, putting them in carefully so as not to break the skins. Then cover them with water, which must be poured on boiling hot, and turn over them a plate which will fit into the crock easily, al-

half an hour in a syrup, using the same weight of sugar as fruit, then seal.

Always use granite, earthen, or glass for rhubarb. The leaves should be cut from the stalk as soon as it is pulled, and it should be kept in a cool place, to have it fresh and firm for a day or two.

CANNED STRAWBERRIES—1.

To each quart of fresh strawberries allow 1 coffeecup sugar. If there is no juice in the bottom of the fruit, add 1 or 2 table-spoons water to prevent burning before the heat brings out the juice; heat slowly, and when it boils, add the sugar, stir gently until it boils up again, and can immediately. It is better to cook only enough fruit for one can at a time. Usually a few spoonfuls of the syrup will be left to begin the next can. Strawberries are considered difficult to keep, but there is no trouble if the fruit is fresh, the can air-tight, and kept according to general directions for canning fruit.

CANNED STRAWBERRIES—2.

Place as many berries as can be put carefully into the preserving kettle on a platter; add sugar, allowing three-quarters of a pound to each pound of fruit, and let them stand 2 or 3 hours; pour the juice that has settled into the kettle, remove the scum that rises when it begins to boil, and put the berries carefully into it. Let them boil up thoroughly, and seal at once.

CANNED WATERMELON.

$\frac{1}{2}$ pound sugar,

1 pound fruit,

Ginger root.

Cut off the rind, remove all the red part, and cut the rest in strips 2 or 3 inches long; boil until tender enough to pierce with a fork, remove from the water and drain a few moments. Have a syrup ready, using only what water is necessary to dissolve the sugar, skim, add the melon and a few pieces of ginger root, cook a few moments and seal in cans while hot.

JAMS.

Cleanse the fruit carefully and bruise it well to prevent its hardening when cooked. Two methods for making are given. Allow equal proportions of sugar and fruit, mash thoroughly, and cook over a slow fire till it jellies. Or, allow three-quarters of a pound of sugar to one pound of fruit. Cook the mashed fruit fifteen or twenty minutes before adding the sugar, heated, and from ten to thirty minutes afterward. Stir sufficiently to prevent scorching, watching carefully. In making butter or marmalade the same proportions are used, but the fruit is cooked to a firmer consistency. Jams are made from the more juicy berries, such as blackberries, currants, raspberries, strawberries, etc.; butters or marmalades from the firmer fruits, such as apples, pineapples, oranges, peaches and apricots. All require the closest attention, as the slightest degree of burning ruins the flavor. Jam or marmalade is sufficiently cooked when no juice or moisture gathers about it, and it looks dry and glistening if dropped on a plate. Put up in glass or small stone jars, and seal or secure like canned fruits or jellies. Keep jellies and jams in a cool, dry, and dark place.

APPLE BUTTER.

Take ripe apples, crab apples give a fine flavor, put them in a preserving kettle, after cutting them in quarters, barely cover with water, boil soft, and strain through a sieve. To each pint of pulp add two-thirds of a pint of sugar, or 1 pint if the apples are very sour, and boil slowly for several hours until the mixture is firm. It must be stirred almost constantly to prevent burning. If any spice is desired use cinnamon. Put in stone jars or bowls, and when cold cover as for jelly. Or, strain off some of the juice for jelly, put the remainder of the apple through a sieve, and proceed as directed above.

PUMPKIN BUTTER.

Prepare 1 pumpkin; cut it in small pieces, and stew till soft. Prepare 3 more pumpkins, stew, and strain through a coarse jelly bag; add the juice to the first pumpkin and boil 10 hours or more, until it is very thick, stirring often.

over night in the cellar or ice-box. Drain off the juice, and when boiling hot, add the berries. Simmer until as thick as desired. Pour into jelly tumblers, or bowls, and when cold cover with buttered paper.

STRAWBERRY JAM.

Allow three-quarters of a pound of sugar to 1 pound of fruit, and 2 cups of red currant juice to every 4 pounds of berries if a tart flavor is liked. Put the berries in the preserving kettle, pour over the currant juice, and boil about 30 minutes, stirring almost constantly; dip off most of the juice, add the sugar, and boil 30 minutes more, skimming when necessary. Put in small jars or jelly glasses. Can the juice that is left over, or strain it for jelly.

GREEN TOMATO JAM.

Peel and slice green tomatoes, boil slowly 4 hours in a syrup made in the proportion of 1 pound sugar to 2 pounds tomatoes; when done flavor with lemons.

APPLE MARMALADE.

Peel, quarter and core a large panful of tart apples, cover with water and cook till very soft. Squeeze the juice and pulp through a thin jelly bag; weigh, and allow three-quarters of a pound of sugar to 1 pound of pulp. Add a little gelatine dissolved in water, and let it boil steadily 20 minutes.

CRAB APPLE AND PLUM MARMALADE.

Cook the apples and plums separately, as for sauce, put through a sieve and measure each. Allow 3 pints of the apple pulp to 1 of plum; mix and weigh, adding 1 pound of sugar to each pound of pulp. Cook very slowly, stirring constantly to prevent scorching, until very thick. The thicker the marmalade is the nicer it is, and the flavor of the combined fruit is delicious.

CHERRY MARMALADE.

This is best made of fine Morella cherries. Wash the cherries and put them on to stew with 1 gill of water to 1 pound of fruit. When perfectly tender pass them through a colander to extract the stones. To 1 pound of the pulp add 1 pound of sugar, and when the sugar is dissolved put over the fire, and boil to a smooth paste.

GOOSEBERRY MARMALADE—1.

Stew the berries in a little water, press through a coarse sieve,

return to the kettle, and add three-fourths of a pound of sugar to each pound of the pulped gooseberry; boil three-quarters of an hour, stirring constantly; pour in jars or bowls, and cover as directed for currant jam. It will cook in the oven with less danger of scorching, and will not need as much care as if on the stove. The doors should be partly open.

GOOSEBERRY MARMALADE—2.

Top and tail the fruit, bruise it and cook till soft, stirring constantly. Rub through a sieve, and add to the pulp $4\frac{1}{2}$ pounds of sugar to 6 pounds of the original weight of the fruit. Add the sugar gradually, and boil until firm.

GRAPE MARMALADE.

This is made of ripe or green grapes. After picking them from the stems and rinsing well, stew gently in a porcelain or granite kettle, for 10 minutes, in just enough water to keep them from sticking; run them through a sieve or fine colander to remove the skins and seeds. To each pint of sifted pulp and juice, add three-fourths of a pint of sugar, and boil until of the consistency desired; a large quantity will need to boil at least 2 hours.

ORANGE MARMALADE.

8 oranges,	4 quarts water,
5 lemons,	8 pounds sugar.

Slice the fruit, take out the seeds, add water and let stand 36 hours; then boil hard for 2 hours; add the sugar and boil slowly 1 hour or until it jellies.

ORANGE MARMALADE, SCOTCH WAY.

Slice the oranges very thin, taking out the seeds. To each pound of fruit, add 2 pints water. Let this stand 24 hours; then boil until the chips are tender. Next day, weigh it, and to each pound add $1\frac{1}{2}$ pounds of lump sugar. Boil the whole until the syrup jellies, and the chips are clear. This will be in an hour. One dozen oranges makes about twenty pound pots of marmalade.

PEACH MARMALADE—1.

Take very ripe peaches, mash fine, put in a porcelain kettle until quite warm, strain through a colander, weigh, put back in the kettle, and allow three-fourths of a pound sugar to each pound

fruit. Stir well until the sugar is melted, boil fast 20 minutes, and put in small bowls. When cold, seal the same as jelly.

PEACH MARMALADE—2.

Choose ripe, well-flavored fruit. It is wise to make preserves at the same time, reserving for marmalade those that are soft. Boil the pits in the water with which the syrup is to be made. Pare and quarter the peaches and boil 30 minutes before adding sugar, stirring almost constantly from the time the peaches begin to cook; add sugar in the proportion of three-fourths of a pound to 1 pound fruit, continue to boil and stir for an hour longer, and put up in jars, pressing paper over them as directed for jellies.

PINEAPPLE MARMALADE.

Prepare as for preserving, and continue cooking the pineapple pulp for half an hour, then strain it through a colander. Return to the fire and boil, stirring continually till it curls before the finger, which is pushed through a little taken out to cool. Or, peel the pineapples and grate them, saving all the juice. The pulp and juice should then be weighed, and 1 pound of sugar added to every pound of pineapple. When the marmalade has boiled half an hour, test it by pushing the finger through a little which has been taken out to cool. If it is not done cook it longer.

PLUM MARMALADE.

Wash the fruit, and stew it with enough water to keep from scorching. Mash, and strain through a colander. To 1 pint of pulp add 1 pound of sugar. When the sugar is dissolved, boil it till it is a smooth mass. Or, use plums left after straining off the juice for jelly, and sift to remove stones and skins: to 1 pint of pulp add one-half pound of sugar, and boil slowly, stirring well to prevent burning, until smooth and thick.

QUINCE MARMALADE.

Take quinces after making jelly, boil till soft, put through a colander, and to 1 pound of pulp add 1 pound of sugar. Boil till of the consistency desired. Canned or preserved quinces may also be used for marmalade by chopping fine, adding sugar if needed, and cooking till firm.

JELLIES.

Jellies should be made from the best fruit, with granulated sugar, and cooked in a porcelain or granite kettle. Be careful to choose fruit that is barely ripe, otherwise the juice will not jelly well, and will have a tendency to liquefy. Place the fruit in the kettle with just enough water to keep from burning, stir often, and let remain on the fire until thoroughly scalded; a better but slower method is to place it in a stone jar set within a kettle of tepid water, cook until the fruit is well softened, stirring frequently, and then strain a small quantity at a time through a strong, coarse flannel or cotton bag wrung out of hot water, after which let it drain, and squeeze it with the hands as it cools, or strain through another bag to make it very clear. The larger fruits, such as apples and quinces, should be cut in pieces, cores removed if at all defective, water added to just cover them, boiled gently until tender, turned into a bag and placed to drain for three or four hours, or over night. As a general rule, allow equal measures of juice and sugar. Boil juice ten minutes from the first moment of boiling, skim, add sugar, and boil ten minutes longer; or spread the sugar in a large earthen bowl, set in the oven, stir to prevent burning, boil the juice ten minutes, skim if needed, add the hot sugar, let boil up once, and pour into jelly glasses immediately, as a thin skin forms over the surface which keeps out the air. To test jelly, drop a little in a glass of very cold water, and if it immediately falls to the bottom it is done; or drop in a saucer, and set on ice or in a cool place; if it does not spread, but remains rounded, it is finished. Set the glasses on a wet cloth and the boiling liquid can be poured into them without danger of breaking: or, let the liquid run into them over a silver spoon standing in the jar or glass. When ready to put away, cover with pieces of writing or tissue paper, cut to fit, and pressed closely over the jelly; put on a cover of thicker paper, brushed over on the inside with the unbeaten white of an egg, and turned down on the outside of the glass. Keep in a dry, cool, and dark place. Jelly needs more attention in damp, rainy seasons than in others.

APPLE JELLY.

Wash, quarter, and core tart, juicy apples, and to 8 quarts quar-

tered apples add 3 quarts water. Let them boil slowly until a mush, renewing the water as it boils away so that the dish is as full when the apples are done as it was at first. Strain through flannel, allowing it to drain thoroughly, but do not squeeze it. Add 1 pint of sugar to 1 pint of juice, and boil 20 minutes, skimming it well.

CRAB APPLE JELLY.

Wash and quarter large Siberian crabs, but do not core them, cover to the depth of 1 or 2 inches with cold water, and cook to a mush; pour into a coarse cotton bag or strainer, and extract all the juice. Take a piece of cheese cloth or crinoline, wring out of water, spread it over a colander placed on a crock, and pour in the juice, allowing plenty of time to run through; repeat this process, rinsing the cloth frequently. Allow the strained juice of 4 lemons to 1 peck of apples, and three-fourths of a pound of sugar to each pint of juice. Boil the juice from 10 to 20 minutes; while boiling sift in the sugar slowly, stirring constantly, and boil 5 minutes longer. This is generally sufficient, but it is always safer to ascertain whether it will jelly.

CRAB APPLE JELLY AND MARMALADE.

Have good, sound crab apples, not too ripe, cut out all defective portions, wash, and to 8 quarts apples add 3 quarts water; boil slowly 1 hour, or till the fruit is quite soft, renewing the water that the apples may be covered when cooked. Strain through a jelly bag, but do not press with the hands, as only the clear juice is used for the jelly, and let it boil 10 or 15 minutes; then add the sugar, which has been heated in the oven, allowing 1 pint of sugar to each pint of fruit, and boil 5 minutes longer. Or, press the pulp through a sieve to take out the cores and skins. To each pint of pulp add 1 pint of sugar, and cook till of the consistency desired.

BLACKBERRY JELLY—1.

Squeeze the juice from the berries and strain it; add an equal quantity of sugar, and boil hard 25 minutes, then pour into moulds.

BLACKBERRY JELLY—2.

4 pints blackberry juice,	$\frac{1}{2}$ box gelatine,
3 pints sugar,	Water to dissolve gelatine.

Dissolve the gelatine in the water, stir it into the juice, to which the sugar has been added, and boil 15 minutes.

CALF'S FEET JELLY.

2 calf's feet,	$\frac{1}{2}$ pound loaf sugar,
2 quarts water,	6 lemons,
4 eggs, whites and shells.	

Cut the feet in small pieces, after they have been well cleaned and the hair taken off. Stew very gently in the water, until it is reduced to 1 quart. When cold, take off the fat, and remove the jelly from the sediment. Put it into a saucepan with the sugar, the lemons sliced, with the peel rubbed on the sugar, the whites of the eggs well beaten, and the shells broken. Set over the fire, but do not stir after it begins to warm. Let it boil 15 minutes after it comes to a head, then cover close, let stand half an hour, and pour it through a jelly bag until clear. Add more lemons or oranges to suit the taste.

CHERRY JELLY.

Look over and pit sour, perfect, and juicy cherries. While heating, mash them, strain through a jelly bag, measure juice, and add 1 pint of sugar to every pint of juice. Simmer slowly until a scum rises; skim, and boil 15 minutes. Dip into tumblers. Next day cover with white paper and fasten the edges with white of egg.

COFFEE JELLY.

$\frac{1}{2}$ box Cox's gelatine,	1 quart strong black coffee,
$\frac{1}{2}$ cup cold water,	Sugar.

Soak the gelatine half an hour in the cold water. Heat the coffee to boiling point, sweeten to taste, add dissolved gelatine, stir well, strain into a mould rinsed with cold water just before using, set on ice or in a very cool place, and serve with cream or whipped cream. This jelly is very pretty, formed in a circular mould with a tube in the center; when turned out fill the space in the center with whipped cream.

CRANBERRY JELLY.

Prepare juice as in general directions, add 1 pound sugar to every pint, boil and skim, and test; rinse the glasses in cold water

before pouring in the jelly. The pulp may be sweetened and used for sauce. Or, wash and boil sound berries to a pulp, with just enough water to prevent their burning. Pass them through a colander or a fruit strainer to remove the skins. Add an equal quantity of granulated sugar to the juice, and boil firm. Mould in individual dishes or in a large mould, after dipping in very cold water.

CURRENT JELLY.

Put the fruit into a stone jar, and set it in a kettle of tepid water over the fire. Heat gradually and let boil, closely covered, until the skins break. Pour the whole into a clean, stout muslin bag, and let it drip into a large earthen bowl or stone jar several hours or over night. It is best not to squeeze it, as it will not be so clear. To each pint of juice, allow 1 pound of sugar. Put the juice on to heat slowly, and let it boil 20 minutes. Meanwhile, heat the sugar in the oven, and put it into the boiling juice, where it will melt very quickly. Let the jelly just come to a boil and remove at once from the fire. Set the jelly glasses on a wet towel folded in 4 thicknesses, and fill with the liquid. If it does not seem firm enough when cool, set it in the sun. Boiling jelly darkens it. Other small fruit jellies are made in the same way. Strawberry jelly is improved by lemon juice. Cover closely and keep in a cool, dark place.

CURRENT JELLY WITHOUT COOKING.

Pick from stems and wash, being very careful that no water is left on them. Press out the juice and strain it. To every pint allow 1 pound fine white sugar; stir well together until the sugar is dissolved, pour in cans, seal and set them in the hot sun for 2 or 3 days. Or, prepare the juice, and set it in a cool place in the cellar for 24 hours. The froth that will cover the surface at the end of that time must be removed, and the juice strained through a jelly bag, then weighed, and an equal weight of powdered sugar added. Stir constantly till the sugar is thoroughly dissolved, pour into jars, and cover tightly. A transparent jelly of fine flavor, which will keep well, will be found at the end of 24 hours.

ECONOMICAL JELLY.

Cook a gallon jar of sound, clean apple parings in enough water

and 1 teaspoon powdered gum arabic dissolved in warm water. When the sugar has dissolved, stir it well, and place the kettle over the fire. Let it boil 15 or 20 minutes, and try it. Pour it into the glasses while warm, and let it stand till next day before covering.

SPICED GRAPE JELLY.

1 quart grape juice,	2 tablespoons cinnamon,
1 quart sugar,	1 teaspoon cloves.

Crush the juice from half ripe grapes, and strain it. Use the ingredients in the above proportions, and cook hard 20 minutes; remove from the fire and pour into glasses.

LEMON JELLY.

$\frac{1}{2}$ box gelatine,	1 pint boiling water,
$\frac{1}{2}$ pint cold water,	$1\frac{1}{2}$ cups sugar,
3 lemons, juice.	

Soak the gelatine in the cold water 1 hour, add the boiling water, sugar, and juice of lemons; let stand on the stove till boiling, strain into moulds and set in a cool place till ready to serve. The addition of a few thin slices of lemon a few moments before straining improves the flavor.

ORANGE JELLY.

9 oranges, juice,	4 ounces gelatine,
3 lemons, juice,	1 pound sugar,
1 egg, white,	2 quarts water.

Soak the gelatine in 1 pint of the water, boil the rest with the sugar, skim well, add the dissolved gelatine, orange and lemon juice, and beaten egg; let come to a boil, skim, cook until it jellies, and pour into a mould.

PEACH JELLY.

Pare, pit and slice the peaches and place them in a jar. Crack one-third of the pits and add them to the peaches. Heat in a kettle of boiling water, stirring occasionally until the fruit is well broken. Strain, and to each pint of juice add the juice of 1 lemon, and measure again. Allow 1 pound sugar to each pint juice, heat it very hot, and add to the juice when it has boiled 20 minutes. Let it come to a boil again, and take from the fire at once. This is recommended for jelly cake.

PINEAPPLE JELLY.

$\frac{1}{2}$ box gelatine,	1 pint boiling water,
$\frac{1}{2}$ pint cold water,	$1\frac{1}{2}$ cups sugar,
1 can pineapple.	

Soak the gelatine in the cold water 1 hour; add the boiling water, sugar, and the pineapple reduced to a pulp. Bring to a boil, strain into a mould, and set on ice to cool. Wrap a cloth dipped in hot water around the mould for a few moments, when ready for use, and it will slip out easily.

PLUM JELLY AND MARMALADE.

If the plums are wild, sprinkle with soda and pour hot water over them, let stand a few moments and stir them; take out, and put on to cook with water enough to cover them,—if the plums are very juicy less water will be required—boil till soft, strain through a jelly bag, but avoid squeezing. Measure, and boil 10 or 15 minutes; add sugar, allowing 1 pint of sugar to each pint of juice, and boil. Test by dropping a little in a saucer and setting it on ice. If the plums are the cultivated wild ones, it is not necessary to use soda. Press the pulp through a sieve to take out the pits and skins. Allow pint for pint, of sugar and pulp. Boil the latter half an hour, add the sugar, and boil 10 or 15 minutes longer. Half a pint of sugar to a pint of pulp makes a rich marmalade.

Plum-apple jelly may be made by preparing the juice of apples and plums as above; a nice proportion is 1 part plums to 2 parts apples; mix the juice and finish. A bushel of apples and 1 peck of plums make 40 pints of jelly, part crab apple alone and part mixed, and 16 quart jars of mixed marmalade. In making either kind of jelly the fruit may be squeezed and the juice strained twice through Swiss muslin or crinoline, and made into jelly. The pulp can not then be used for marmalade.

QUINCE JELLY.

Rub the quinces with a cloth until perfectly smooth, cut in small pieces, pack tight in a kettle, pour on cold water until level with the fruit, and boil until very soft; make a three-cornered flannel bag, pour in the fruit and drain, occasionally pressing on the top and sides to make the juice run more freely, taking care not to press hard enough to expel the pulp. There is not much need of

pressing a bag made in this shape, as the weight of the fruit in the larger part causes the juice to flow freely at the point. To 1 pint of juice add 1 pint of sugar, and boil until it jellies; pour into tumblers, or bowls, and finish according to general directions. If quinces are scarce, the parings and cores of quinces with good, tart apples, boiled and strained as above, make excellent jelly, and the quinces may be saved for preserves.

RASPBERRY AND CURRANT JELLY.

If currants are used with red raspberries in equal parts, the jelly will be firmer and the flavor will be very delicate. Look the fruit over carefully, wash and mash the currants, and place together in an oven that is hot enough to extract the juice. Stir well, strain without squeezing through a jelly bag. Measure and set the juice on to boil. Put the sugar in the oven in shallow pans to heat, allowing equal measure of juice and sugar. When the juice has boiled 20 minutes, add the sugar, and stir rapidly till thoroughly dissolved; let it come to a boil, take from the fire at once, and pour into jelly glasses.

RHUBARB JELLY.

Wash the stalks well, cut into small pieces, put them into a preserving kettle with water to cover them, and boil to a soft pulp; strain through a jelly bag. To each pint of juice add a pound of sugar; boil, skim, and when it jellies pour into jars. After the juice has been prepared, the juice of 1 lemon may be added to each 3 pints of rhubarb juice, and half the rind boiled in it for a few moments.

RHUBARB AND APPLE JELLY.

Cut the rhubarb in small pieces and cook over a slow fire, without adding any water; pare, quarter and cook good, sour apples in a very little water; strain the juice from both, measure, and boil 20 minutes. Heat the sugar in the oven, allowing three-fourths of a pint to each pint of juice; add it to the juice, and boil 10 or 15 minutes longer. Pour into glasses, and set it in the sun for a few hours.

STRAWBERRY JELLY.

Prepare the berries, put into a jar, and set into a kettle containing lukewarm water. Cover and boil till the juice is expressed.

Drain through a bag, measure, and boil; allow 1 pound of sugar to 1 pint of juice, and heat the sugar in the oven. When the juice has boiled 20 minutes, add the hot sugar, boil together thoroughly, and pour into glasses.

TOMATO JELLY.

Break ripe tomatoes into pieces and stew them in as little water as will keep them from burning. Pour into a jelly bag, and when the juice has run through add 1 pound of sugar to each pound of the juice. Return to the stove and boil until it jellies. Serve with roast meat.

PRESERVES.

Until the modern method of canning was introduced, all fruit kept for instant use was prepared with an equal weight of sugar, and was called preserves. Genuine preserves are made by the old rule, a pound of sugar to a pound of fruit. Make a hot syrup by adding a little water to the sugar, and letting it boil. If necessary to clarify it, add just before it boils the white of an egg beaten lightly with two tablespoons of water; as it begins to boil, skim carefully and repeat the process until no more scum arises, add the fruit and cook slowly until tender. Peaches, pears, and quinces should be pared and halved. Small fruits should be put directly into the boiling syrup, and when cooked, carefully skimmed out, to avoid breaking. Boil down the syrup, if there is a larger quantity than needed, and pour over the fruit. Let the preserving kettle be of porcelain or granite ware, use granulated sugar, and select perfect fruit, fresh, and just reaching a ripe condition. Cover the fruit when cooked, but do not set away until cold. When preserves are candied, set the jar in a kettle of cold water, and boil for an hour; or, empty them into a crock kept for that purpose, set into the oven and boil a few minutes, watching carefully to prevent burning. When specks of mould appear, take off carefully, and scald the preserves.

APPLE PRESERVE.

Take three-fourths of a pound of sugar to each pound of apples; make a syrup of the sugar and water, skim, add a few apples at a time, cook until they are transparent, and place in a jar. When

all are done, boil the syrup until thick, pour boiling hot over the apples, and cover closely. Well-flavored fruit, not easily broken in cooking, should be used. Bruised ginger-root or a sliced lemon may be added to the boiling syrup.

CHERRY PRESERVE—1.

Weigh the stoned cherries, and allow 10 pounds sugar to 12 pounds fruit. Add the sugar to the fruit, and let stand over night. Then drain off the juice, boil it till it begins to thicken, add the cherries, and cook till thick. Keep the preserve in stone jars covered with buttered paper, and tie two layers of paper over them.

CHERRY PRESERVE—2.

Choose sour ones,—the early Richmond is good—stone them, and allow an amount of sugar equal to the fruit; take half the sugar, sprinkle over the fruit, let stand 1 hour, pour into a preserving kettle, boil slowly 10 minutes, skim out the cherries, add the rest of the sugar to the syrup, boil, skim, and pour over the cherries; the next day drain off the syrup, boil, skim if necessary, add the cherries, boil 20 minutes, and seal up in small jars.

CITRON PRESERVE.

Pare, seed, cut in thin slices 2 inches long, weigh, and put in a preserving kettle with water to cover; boil 1 hour, take out the melon, and to the water add 1 pound of sugar to 1 pound of melon; boil until thick, replace the melon, with 2 sliced lemons to each pound of fruit; boil 20 minutes, take out, boil the syrup until very thick, and pour it over the fruit.

PRESERVED CITRON, ORANGE AND LEMON PEEL.

Soak in salt and water over night, freshen in 3 waters and boil till tender. Make a syrup of 1 pint of water to 1 pound of sugar, and boil the peel in it half an hour. It may be cut in fine strips before cooking.

CANDIED CITRON PEEL.

Harden them in brine 1 week. Freshen 1 week, changing the water every day. Cut in quarters and scrape out the pulp. Peel, and boil in alum water till tender. Freshen over night. Allow half a pound of sugar to 1 pound of rind; cook till soft, and dry in the sun, letting it absorb all the syrup. The syrup may be flavored with lemon.

ELDERBERRY PRESERVE.

Use in the proportions of 1 pound berries, 1 pound sugar, and 1 lemon, juice and grated rind. Make a syrup, using the lemon, and as little water as possible. Skim if necessary, add the berries and cook 20 minutes. Strain out the berries into jars or glasses, boil the syrup to a jelly and pour over the fruit as much as the jar will hold. In 24 hours cover. If an open-mouthed receptacle, without a cover, is used, lay on a piece of thin paper and tie over the jar a cloth or thick paper cover.

CITRON AND QUINCE PRESERVES.

Pare and cut the citron into small pieces, boil hard in alum water half an hour, drain, and boil in fresh water till tender. Pare and core the quinces, and cut them into 8 pieces. Boil the parings and cores $1\frac{1}{2}$ half hours in water sufficient to cover them; strain off the liquid and cook the prepared quinces in it till nearly tender, add the citron, and to each pound of fruit add three-fourths pound of sugar. Boil till clear.

FIG PRESERVE.

Gather the fruit when fully ripe, but not cracked open; place in a perforated tin bucket or wire basket, and dip for a moment into a deep kettle of hot and moderately strong lye or let them lie 1 hour in lime water, and afterwards drain; make a syrup in the proportion of 1 pound of sugar to 1 of fruit, and when the figs are drained, add them to the syrup and cook well, remove, boil down the syrup leaving only enough to cover the fruit. Boil all together 1 minute, and seal while hot in glass or porcelain jars.

GRAPE PRESERVE.

Pick the grapes from the stems, pop the pulps from the skins, doing 2 at a time, 1 in each hand between the thumb and forefinger. Put the pulp in a porcelain kettle and stew gently until the seeds are loosened; then strain and rub it through a sieve, weigh it with the skins, and to every pound allow 1 pound of sugar. Put the skins and juice in a kettle, cover closely, and cook slowly until the skins are tender; while still boiling add the sugar and move the kettle back, as it must not boil again; keep very hot for 15 minutes, then, if the sugar is thoroughly dissolved, pour the fruit into cans, and screw down the covers as soon as possible.

PRESERVED GRAPES IN BUNCHES.

Take out the seeds with a pin, breaking the bunches as little as possible; boil some clarified sugar until nearly ready to "candy"; add grapes to cover the bottom of the pan, without laying them on each other, and boil 5 minutes to extract the juice; lay them in an earthen pan and pour the syrup over them; cover with paper, and the next day boil the syrup for 5 minutes, skimming it well; put in the grapes, let them boil 1 minute and pour them into pots.

ORANGE PRESERVE.

Allow equal weights of fruit and sugar. Pare one-half the oranges and cut the peel into shreds. Grate the yellow rind from the remaining oranges, remove the white inner skin and throw it away. Separate all the oranges into quarters, remove seeds, cut or chop into small pieces, drain off all the juice that leaves the fruit without pressing it, and pour it over the sugar. Unless the oranges are very juicy, a little water will be needed for the syrup. Place it over the fire, boil for 5 or 6 minutes, skim, add the shredded peel and cook 10 minutes, then the grated peel and chopped pulp, and boil 20 minutes. Put into jars and seal when cold.

PEACH PRESERVE.

Take any fine peaches that do not mash readily in cooking, pare carefully and remove the pits; take sugar equal in weight to the fruit, or if to be sealed, three-fourths of a pound of sugar to 1 pound of fruit, and a half pint of water to each pound of sugar. Boil pits in the water, adding more as it evaporates, to keep the proportion good; remove the pits, add the sugar, clarify, and when the scum ceases to rise, add the fruit, a small quantity at a time; cook slowly about 10 minutes, skim out into a jar, add more, and repeat until all are done, and then pour the boiling syrup over all. The next day drain off and boil the syrup a few minutes, and pour back, repeating daily until the fruit looks clear. Two or three time is generally sufficient. The last time put up the preserves in small jars, and secure with paper as directed for jellies. If to be sealed in cans, the first boiling is sufficient, after which put into cans and seal immediately. The latter plan is preferable, as it takes less trouble and less sugar, while the natural flavor of the fruit is better retained. Many think peach preserves much nicer if made

with maple sugar. Clingstone peaches are preserved in the same way whole, except that they must be put on in clear water and boiled whole until so tender that they may be pierced with a silver fork before adding the sugar.

PEAR PRESERVE.

Pare, cut in halves, core and weigh; if hard, boil in water until tender, and use it for the syrup; allow three-fourths of a pound of sugar for each pound of fruit, boil a few moments, skim, and cool; when lukewarm add the pears, and boil gently until the syrup has penetrated them and they look clear; some of the pieces will cook before the rest, and must be removed; when done, take out, boil down the syrup a little and pour over them; a few cloves stuck here and there in the pears add a pleasant flavor. Put in jars with glass or tin tops, and seal with putty, or plaster of Paris. A very nice preserve is made of pears and quinces, in the proportion of one-third quince to two-thirds pear.

PINEAPPLE PRESERVE.

The most delicious way of preserving a pineapple is in its own juice without using one drop of water to make the syrup. Peel carefully the requisite number, weigh them, and allow three-fourths of a pound of sugar to every pound of pineapple. Put the pineapples in a huge earthen bowl or in a stone crock, and scatter the sugar over them. Cover, and let them stand for 24 hours. A clear juice will nearly cover them then. Now take each pineapple and tear the pulp off the core, using a silver fork. Drain off the juice from the pulp and sugar into a preserving kettle. Let it boil 5 minutes, then skim, and strain it through a fine strainer over the pineapple pulp. Let the pulp boil up in the syrup once, then can it immediately, as longer boiling darkens the preserves.

PLUM PRESERVE—1.

For each pound of fruit allow three-fourths pound of sugar, put them into a stone jar or pan in alternate layers and set in a moderately warm oven for several hours, or all night if prepared at tea time. Drain the juice from the plums, boil and skim it. Remove the plums carefully to jars or cans; pour over them the boiling hot syrup and seal at once. It is well to prick the plums with a coarse needle after washing.

PLUM PRESERVE—2.

Allow equal weights of plums and sugar. Add 1 pint of water to 2 pounds of sugar, boil the syrup, skim it, and drop in the plums a few at a time, after having pricked them with a coarse needle. Boil gently 20 minutes, remove the plums with a skimmer, put in jars, cover with the syrup and when cold screw on the tops, or cover with paper.

PLUM SWEETMEATS.

Select ripe damson plums, peel, stone, and halve them; let them cook in their own juice until sufficiently soft to rub them through a sieve. Make sweet with sugar; if spice is desired add cinnamon, return to the fire, cook until tender, fill the jars and seal immediately.

QUINCE AND APPLE PRESERVE.

Take equal weights of quinces and sugar, pare, core, leave whole or cut in pieces, boil till tender in water enough to cover, take out carefully, lay on a platter, add the sugar to the water, put in the fruit and boil slowly till clear, place in jars and pour the syrup over them. To increase the quantity without adding sugar, take one-half or two-thirds in weight as many fair sweet apples as there are quinces, pare, quarter, and core; after removing the quinces, put the apples into the syrup, and boil until red and clear, and tender; place the quinces and apples in a jar in alternate layers, and cover with syrup. For the use of parings and cores, see recipe for Quince Jelly. Apples alone may be preserved in the same way.

QUINCE PRESERVE.

Pare and core quinces, cut in quarters or eighths, measure, and to each quart add 2 oranges, or 1 lemon, sliced thin. Mix together and steam until tender, but avoid breaking. Boil the skins and cores slowly for 2 hours in water enough to cover them. When the water thickens, strain, and add sugar, allowing 1 pound to each pound of fruit. Make a syrup, add the fruit, and simmer 1 hour over a slow fire. Put into cans and seal.

RHUBARB PRESERVE.

Peel and slice the rhubarb and weigh it. Put it in a porcelain kettle and place it where it will heat very gradually until the juice flows freely. No water should be added. Then bring forward on

the stove and stew gently half an hour. Dip out half the juice, and keep it warm. Add to the cooked fruit half a pound of sugar to each pound of rhubarb, with 1 teaspoon cloves and 2 teaspoons cinnamon. Stir well, and cook till almost as thick as jam. Should it be too thick, reduce with a little of the warm juice. Pour into glass jars, screw on the tops closely, and when cool wrap in thick paper and keep in a cool, dry place.

STRAWBERRY PRESERVE.

Allow three-fourths of a pound of sugar to each pound of strawberries. Put fruit and sugar in the preserving kettle in alternate layers. After sufficient juice settles to cook them, set it on the stove, heat, and boil slowly 10 minutes. Fill stone or glass jars and seal.

TOMATO PRESERVE.

Scald and peel carefully, small, perfectly formed tomatoes, not too ripe,—the yellow, pear-shaped ones are best—prick with a needle to prevent bursting, add an equal amount of sugar by weight, let them stand all night, then pour the juice into a preserving kettle, and boil until it is a thick syrup, clarifying with the white of an egg; add tomatoes, and boil carefully until they look transparent. A piece or two of ginger-root, or 1 lemon to a pound of fruit, sliced thin and cooked with the fruit, may be added.

UNIQUE PRESERVE.

Gather young cucumbers, 4 inches in length, and lay in strong brine one week; wash, and soak them a day and night in clear water, changing 4 times; line a bell-metal kettle with vine leaves, and lay in the cucumbers with a little alum scattered among them; fill up with clear water and cover with vine leaves, then with a close lid, and green as for pickles. Do not boil them. When well greened, drop into icewater; when perfectly cold, wipe, and with a small knife slit down one side; dig out the seeds and stuff with a mixture of chopped citron and seedless raisins. Sew up the incisions with a fine thread, weigh them, and make a syrup, allowing 1 pound of sugar for every pound of cucumbers, and a pint of water; heat to a lively boil, skim and drop in the cucumbers; simmer half an hour; take out and spread on a dish in the sun, boil down the syrup with a few slices of ginger-root; when thick

put in the cucumbers again : simmer 5 minutes, and put in glass jars, tying them up when cold.

WATERMELON PRESERVE.

Pare off the outside green rind, cut in pieces 2 inches long, weigh, throw into cold water, skim out, add 1 heaping teaspoon each of salt and pulverized alum to 2 gallons of rinds, let stand until the salt and alum dissolve, fill the kettle with cold water, and place on top of the stove, where it will slowly come to the boiling point, covering with a large plate to keep under the rinds ; boil until they can be easily pierced with a fork, drain them from the water, and put into a syrup previously prepared as follows : Bruise and tie in a muslin bag 4 ounces ginger-root, and boil in 2 or 3 pints of water until it is strongly flavored. At the same time boil in a little water until tender, in another pan, 3 or 4 sliced lemons ; allow three-fourths of a pound of sugar to each pound of rind, dissolve the sugar in the water in which lemons and ginger have been boiled, having first strained it, adding more hot water if necessary ; add the rinds and slices of lemon to this and boil slowly half to three-quarters of an hour. Citrons may be prepared in the same way, by paring, coring and slicing, or cutting into fanciful shapes with tin cutters made for the purpose.

FRUIT SAUCES.

These are made from fresh or dried fruits, and are delicious or abominable, according to the way in which they are prepared.

The most desirable utensils for the slow, steady cooking necessary to produce the best results, are pipkins of pottery, or stoneware. Handled carefully they will last a long time. The best of them are made from the same material used for fire brick, and will last as long as a porcelain-lined kettle. Pipkins of soft, unglazed earthenware are much less expensive than the hard ones, but they cannot be placed on the hottest part of the stove without danger of cracking. They can be used to cook stewed fruits in the oven for a long time, and a two-quart pipkin costs but ten cents. The unglazed pipkin ordinarily comes with covers, but a plate or tin cover must be used with the other kind.

Apples, of any tart variety, and pears, are finer flavored, and

keep better form when cooked in a pipkin in an oven than in any other way. The apples, if large, should be quartered as well as pared, and to a two-quart pipkin nearly full add one cup of sugar, and one cup of water. Cover, and cook slowly for an hour. Test with a straw, and if tender enough to be pierced, and clear, they are done, and their shape should be perfect. If pears are very sweet, add less sugar; they may need cooking longer than apples.

Since canned fruit has become so generally used, it is to be regretted that much less attention has been paid to drying fruit, since the flavor of many fruits is better preserved by drying than in any other way. All fruit for drying must be perfect, of the best quality, and thoroughly ripe. When dry, put up in jars and cover closely, or in paper bags. Paper sacks, or a barrel or box lined with paper, are secure against moths. The secret of keeping dried fruit is to exclude the light, and to keep in a dry and cool place.

To stew dried fruits: Wash the fruit carefully, put in a pipkin, or covered earthenware dish, and barely cover with cold water. Let the fruit soak in a cool place several hours, or over night. In the morning set it on the stove, and let it come slowly to the boiling point. When this is reached put the pipkin where the fruit will merely simmer three or four hours. It must be covered all the time. An hour before it is taken up, add to about half a pound of fruit a cup of sugar. If there is too much liquid, set the jar where the heat will be sufficient to slowly boil down the juice to the desired quantity, or till its contents become a rich marmalade. If properly cooked no flavoring is needed.

Prunes are delicious cooked in the foregoing fashion, and the little acid prunella is exceedingly good. Prunellas, however, require much more sugar than prunes. There is an acid flavor about them which is delicious in the spring, when the appetite flags and sweet things are cloying to the taste.

APPLE SAUCE—1.

Pare, core and cut in quarters apples that do not come to pieces easily, and put on to stew in cold water with plenty of sugar. Cover close, and stew 1 hour or more. The addition of the sugar

at first preserves the pieces whole. If preferred soft, put through a sieve, and add the sugar.

Or, make a rich syrup, and when it boils drop in the halves of firm, round apples sufficient to cover the bottom of the pan. Stew slowly, and when the pieces are tender, remove to a dish, adding fresh pieces if any are left. If much syrup remains boil down to the amount needed, pour over the apples, and serve cold.

APPLE SAUCE—2.

Pare, core and quarter tart apples, and fill a pudding dish with alternate layers of apples and sugar; pour on a little water, cover closely, and cook them in the oven or over a slow fire. Or, pare, core and slice 4 large, tart apples, cook with a very little water, and when tender add 1 cup of sugar, and a little extract of winter-green.

DRIED-APPLE SAUCE—1.

Put in a preserving kettle 1 quart of washed dried apples, with twice their bulk of water. Soak them 10 or 12 hours, add sugar to taste, and stew soft. Flavor with orange, lemon, or spices.

DRIED-APPLE SAUCE—2.

Look over, wash thoroughly in clean, warm water; drain, cover with cold soft water, place on the back of the stove, cook slowly 4 or 5 hours, mash fine, sift, sweeten, and season with cinnamon. Never add sugar until a short time before removing from the stove, otherwise the fruit will be toughened and hardened. Follow the same directions in preparing dried peaches, only do not mash, or season highly. Cook in a porcelain kettle without stirring. A few raisins improve both apple and peach sauce.

CRANBERRY SAUCE.

Pick over and wash the cranberries. Add half a cup of water to 1 quart of berries. Cover, and cook over a slow fire. Stir frequently, and mash the fruit. When all are mashed, and the pulp smooth, take from the fire and add sugar to taste. Dissolve the sugar and pour into a mould wet with cold water. Or, put through a coarse sieve before filling the mould.

GREEN CURRANT SAUCE.

Stem them carefully, wash, and cook in a very little water, as they are quite juicy. When they begin to boil, add sugar generously, and cook 5 minutes longer. Serve cold.

GOOSEBERRY SAUCE.

Wash the green berries, cover with water, and stew till soft. Sweeten, and cook a few minutes before taking from the stove.

GRAPE SAUCE.

Pick over the grapes carefully before washing, add a little water and stew slowly. When partly cooked add the sugar. Grapes should be put through a colander to remove the seeds. Cherries may be cooked in like manner, also berries too green to eat raw, or so ripe that there is danger of spoiling.

DRIED-PEACH SAUCE.

Wash the peaches thoroughly in warm water, and cook slowly in water sufficient to cover them, until nearly done; remove them from the fire, and skim them into a pan of cold water, then slip the skins off with the fingers. This is easily done. When skinned, return them to the water, and cook gently with sugar until well done.

STEWED PEARS.

Take large, firm, juicy pears. Peel, but do not stem them. Put them in a preserving kettle with a little cold water and cook them slowly until tender. Remove them to a dish, and make a rich syrup of the water, adding a little preserved ginger or a few slices of lemon while cooking. Pour the syrup over the pears, and cool. Apples are nice cooked in this way.

STEWED PRUNES.

Soak the prunes 3 or 4 hours in just enough water to cover them when swelled to their natural size; add sugar to taste, and stew carefully until nearly dry. When wanted for use, cover with good, sweet cream and serve.

BAKED RHUBARB.

Wash, peel and cut into inch pieces; place in a covered baking dish, sprinkling sugar on each layer, using about 1 cup to 1 quart. Put in the oven and bake $1\frac{1}{2}$ hours.

STEWED RHUBARB.

Make a rich syrup by adding sugar to the water in which long strips of orange peel have been boiled until tender, drop into it a single layer of pieces of rhubarb 3 inches long, and stew gently until clear. When done, remove and cook another layer. Use 1 orange to $2\frac{1}{2}$ pounds rhubarb.

MISCELLANEOUS.

AMBROSIA.

6 sweet oranges,	1 grated pineapple,
Powdered sugar,	1 grated cocoanut.

Peel, slice and seed the oranges, taking out as much of the core as possible, pare and remove the eyes from the pineapple before grating, and fill a dish with alternated layers of orange, pineapple and cocoanut, sprinkling sugar over each. Or, use 6 oranges, 6 lemons and 2 cocoanuts, or only oranges and cocoanuts.

BAKED APPLES—1.

Cut out the blossom and stem ends of tart apples, fill with sugar, bake till soft, and serve warm or cold. Or, pare and core tart apples; lay them in an earthen dish with a very little water. Fill the cavity of each apple with sugar, a bit of butter, a slice of lemon or a sprinkling of cinnamon. Cover and bake slowly 1 hour. Serve with plain or whipped cream. Use 1 cup sugar, 1 tablespoon butter, 1 cup water, to 3 pints apples. If sweet apples are used, bake twice as long, and omit the cinnamon, using half the quantity of sugar.

BAKED APPLES—2.

Wash and prick the skins of nice, sweet apples. Place in a pan with a very little water. Bake 2 hours in a moderate oven, basting with the juice 2 or 3 times. Sprinkle with a little sugar 15 minutes before taking from the oven. Let them remain covered until cold, and serve with cream.

BAKED APPLES, PEACHES OR PEARS.

Wipe the fruit, and put into a jar with sugar between the layers, covering them with cold water. Bake 3 or 4 hours closely covered in a slow oven. Add half the quantity of water and sugar to sweet apples. If the pears are large bake 5 or 6 hours, and they may be flavored with stick cinnamon, or lemons cut in slices, or both. Pare peaches before baking them.

APPLE COMPOTE—1.

Select apples that will cook well without breaking; pare, core, and cook till three-fourths done in a syrup made with 1 pound sugar and 1 pint water. Skim out of the syrup and put in a hot oven for a few minutes; boil the syrup while the apples are in the

oven; then dip each apple in the syrup, place in a nice dish, and pour the syrup over them. Cover with a meringue and brown slightly. Or, serve cold, with cream or custard.

APPLE COMPOTE—2.

1 pound pared and cored apples,	$\frac{1}{8}$ box gelatine,
$\frac{3}{4}$ pound sugar,	Whipped cream.

Make a syrup of the sugar with enough water to dissolve it. When it comes to a boil put in the fruit and cook until clear but whole. Remove from the fire to a glass bowl. Have the gelatine ready, dissolved in half a cup of hot water, stir at once into the hot syrup, and strain it over the apples. When cold, heap whipped cream over it. Sliced lemons may be added to the syrup, and a slice of the lemon served on each apple.

FRIED APPLES.

Quarter and core apples without paring; heat the frying pan with butter in it and lay the apples in the pan, skin side down, sprinkle with a little sugar, and, when nearly done, turn and brown thoroughly. Or, cut in slices across the core, and fry like pancakes, turning when brown. Serve with sugar sprinkled over them.

ICED APPLES.

Pare and core 12 large apples, fill with sugar and a little butter and nutmeg; bake until nearly done, let cool, and remove to another plate, if it can be done without breaking them; if not, pour off the juice, cover them with icing, and brown lightly. Serve with cream.

JELLIED APPLES.

Pare, core and slice 8 sour apples, and put them in layers into an earthen baking dish, with brown sugar and cinnamon. Allow at least 1 large cup sugar and 4 tablespoons water to the apples. Cover with a buttered plate and bake very slowly 2 or 3 hours. Let it stand until cold. When turned out it should be a firm mass, with the red slices showing through the clear jelly.

FRIED BANANAS.

Peel and slice lengthwise, fry in butter, sprinkle with sugar, and serve. The bananas must be ripe, but firm, and the red variety is preferable.

for a bilious temperament. It may be eaten before breakfast without sugar.

ORANGES IN JELLY.

Boil small oranges in water until tender, and make a syrup of the water, and sugar in the proportion of half a pound to 1 pound fruit. Quarter the oranges, and cook in the syrup over a slow fire until clear. Add gelatine dissolved in cold water, and boil a little longer. Take out the oranges into a deep glass dish, and strain the jelly over them. When cold serve with plain or whipped cream. Lemons may be prepared in the same manner.

PEACHES AND CREAM.

Pare and slice the peaches just before serving. If they cannot be served immediately, cover with glass and set in a cool place. The air causes a change of color. Serve with powdered sugar and cream. Strawberries are served in the same way.

PEACH CUSTARD.

Equal parts rich, sliced peaches, green corn pulp and water. Sweeten to the taste, and bake 20 minutes.

FROZEN PEACHES.

Pare and divide large, fresh, ripe peaches, sprinkle with sugar, freeze, and serve after standing 1 hour. Sprinkle sugar over them and cover with whipped cream.

PEACH MERINGUE.

12 peaches,	3 eggs,
1 cup sugar,	1 tablespoon butter,
1 quart milk,	2 tablespoons cornstarch.

Mix the cornstarch with a little milk, and scald the rest in a custard kettle. When it boils, add the moistened starch, stir constantly till it thickens, remove from the fire, add the butter, cool, add the yolks of eggs beaten thoroughly with half the sugar, and mix well till light and creamy. Select ripe, juicy peaches, pare and halve them, and put in a buttered baking dish in layers, sprinkling with the rest of the sugar. Pour over them the custard and bake 20 minutes, when cover with the whites of eggs beaten to a stiff froth with 3 tablespoons powdered sugar, and brown. Serve hot with a rich sauce, or cold with sugar and cream.

PEACH PYRAMID.

12 peaches,
3 lemons,

1 pound sugar,
1 ounce gelatine.

Select fresh, firm, ripe peaches; pare, halve and stone them; crack half the stones and blanch the kernels; make a clear syrup and put into it when boiling slowly the peaches and kernels; cook gently 20 minutes, take out the peaches and kernels; add the strained juice of the lemons, and the gelatine dissolved in cold water, to the syrup and boil 1 minute. Fill a mould one-third full of the syrup, let it cool, add half the peaches and a little jelly; let this stand till partly solid, when add the rest of the peaches and the jelly. Set on ice.

BAKED PEARS.

Pare and core 12 pears. Fill with brown sugar, put in a covered dish, cover with water, add a little more sugar and a stick of cinnamon, and bake until tender in a slow oven. Or, omit the sugar and add 1 lemon cut in slices and half as much molasses as water. Bake till tender.

PEARS AND CREAM.

Select ripe fruit; pare, slice, and sprinkle lightly with powdered sugar. Cover with whipped cream just before serving.

PEAR COMPOTE.

8 large pears,
1 pound sugar,
1 pint pear-water,

1 ounce gelatine,
2 lemons, juice,
1 lemon, rind.

Pare and quarter the pears, and cook in a very little water in a covered kettle. Make a hot syrup, add the juice and rind of lemons and the pears; cook a few minutes and remove to a mould dipped in cold water. Add the gelatine, dissolved in cold water, to the syrup, boil 1 minute, and strain over the fruit. When cold, turn into a dish and serve with whipped cream around the base.

BAKED QUINCES.

Pare, quarter and seed ripe quinces; stew the parings in clear water until tender. Make a syrup with the water and 1 cup of sugar to 8 quinces and pour it over the quinces, which should be placed in a covered earthen baking dish. Bake slowly until a straw will pierce them. Take out the quinces, and if there is more juice than needed boil down to the desired amount, then pour it over the quinces.

Serve when cold with plain or whipped cream. Or, wash, rub the skins hard, and core ripe quinces, fill with sugar, and bake in a closely-covered jar with a little water in a moderate oven for several hours. Serve with cream.

ORANGED STRAWBERRIES.

Place a layer of strawberries in a deep dish; cover them thickly with powdered sugar; use alternate layers of berries and sugar as desired. Pour over them orange juice in the proportion of 3 oranges to 1 quart of berries. Let stand an hour, and just before serving sprinkle with pounded ice.

STRAWBERRIES WITH WHIPPED CREAM.

Prepare in layers as above, cover with 1 pint of cream, the whites of 3 eggs, and a cup of powdered sugar, whipped together and flavored with strawberry juice.

SIMPLE FRUIT SALADS.

These are made from ripe currants sprinkled with sugar, or currants and raspberries with sugar, or sliced oranges and bananas with sugar and moistened with lemon juice. Apple salad is made with tart, mellow apples, pared and sliced, to which is added sugar and the juice of oranges or lemons. The seeds of apples, lemons and oranges must be carefully taken out from the preparation. A simple peach salad is made in the proportion of 2 peaches to 1 apple, cut into small pieces; place in alternate layers, sprinkle thickly with sugar, set on ice for 2 hours, and sprinkle with pounded ice 1 hour before serving.

FRUIT SALAD.

1 pineapple,	6 bananas,
1 pint strawberries,	6 oranges,
2 lemons.	

Grate the pineapple, peel and slice the bananas, peel, seed and take out the white membrane of the oranges, and pick over the strawberries. Arrange these fruits in layers in a glass dish, adding considerable sugar to them, and squeeze the juice of the lemons over all. Set on ice 3 hours before serving.

ICE CREAM AND ICES.

THIS "perfection of summer refreshment" is peculiarly an American delicacy, though attainable in some form all over Europe.

The two divisions of ice cream are the American, or Philadelphian, and Neapolitan; the former is more of a cream, the latter partakes of the nature of a custard.

The essentials for making good ice cream are the best cream, ripe, juicy fruit, when fruit is used, and granulated sugar. What is called "double" cream, or that skimmed from milk after standing twenty hours, should be used, as it whips without any waste. Cream from milk standing one-half the time is called "single," and is preferable for coffee.

Milk is frequently used in cheaper or fancy creams with eggs, cornstarch, arrow-root or gelatine. A difference of opinion exists as to heating the cream, some claiming that the raw cream has a harsh taste, is more likely to turn, and does not freeze smoothly. Add the flavoring after the first freezing. As freezing increases the bulk of the composition, do not have the freezer more than three-quarters full.

When eggs are to be substituted for cream, increase the amount of sugar used, in the proportion of one-half cup to six eggs. Too much sugar hinders freezing. The eggs must be perfectly fresh or the cream is injured. Add a little salt or grated lemon peel to the milk to correct its flat taste. Never cook fruit flavors with cream. To avoid acidity or a fermented taste, use only perfect, ripe, fresh fruit. The genuine flavors, though expensive, are economical, as it requires very little to be effective.

General directions for freezing: Use the best freezer, and have all things in readiness. Allow ten pounds of ice and two quarts of rock salt to a gallon freezer. Put the ice in a coffee sack and

pound very fine for the first freezing. Set the cylinder in the tub, and pour in the cream, which should be very cold. Cover, and turn the crank to see if it works right. Put in ice to the depth of three inches, then one inch of salt, and fill the tub with alternate layers, finishing with a layer of ice. Turn the crank slowly and steadily, but do not freeze the cream too fast. In twenty or thirty minutes unscrew the crank, wipe off the cover, and remove the dasher. Scrape down the cream from the sides with a broad knife, a wooden one is best, and beat hard several minutes. This makes the cream smooth. Replace the cover, plug the dasher hole, taking great care that no salt creeps in. Drain off the water and repack with coarser ice and salt. Cover with a thick piece of carpet and set away in a cool place. Or, pack in moulds, and place in pails filled with layers of salt and ice. Cover and set away. Wrap a hot cloth around the mould for a few moments and the cream will turn out readily. Should the ice in the tub melt rapidly while freezing, drain off the water, add more ice and salt, see that it is packed solidly, and continue the work of freezing. If any cream or ice is left in the freezer, pour it out into porcelain-lined pans, and keep in a cold place to use again.

Great care should be used in keeping the freezer sweet and clean.

ICE CREAM—1.

2 quarts cream,

1 pound sugar,

Flavoring.

This is the regular proportion for pure ice cream, and all creams made on this basis, without milk or eggs, are called Philadelphia creams. It may be frozen without heating, or the cream may be heated in a double boiler. Sift in the sugar when the water boils. Cool and freeze, add the flavoring just before freezing and packing. In all the recipes, follow the general directions for freezing and packing, unless others are given.

ICE CREAM—2

1 pint cream,

 $\frac{3}{4}$ pound sugar,

1 pint milk,

3 eggs,

Flavoring.

Scald the milk, and add the sugar beaten with the eggs, or the yolks of eggs and 1 white. Beat thoroughly together, strain,

add the cream, and cook until it thickens, stirring constantly. Cool, flavor and freeze. Or, beat the yolks of 2 eggs and 1 tablespoon cornstarch or arrow-root with the sugar, and add to the milk. Strain and cook. When smoothly thickened, remove and cool. Whip the whites, beat into the cream, and add to the composition, with the flavoring, when it is ready to freeze. This recipe requires more flavoring than pure cream.

ICE CREAM—3.

1 pint milk,	1 saltspoon salt,
1 quart cream,	1 tablespoon flavoring,
2 cups sugar,	2 tablespoons flour,
2 eggs.	

Scald the milk in a double boiler. Beat the eggs, flour, and 1 cup of sugar together till light, and then turn into the milk. Stir constantly till thickened, and then occasionally. Cook 20 minutes. When cold add the second cup of sugar, the cream and the flavoring, strain into the freezer and freeze.

ICE CREAM WITHOUT A FREEZER.

1 quart milk,	1½ pounds sugar,
1½ quarts cream,	8 eggs.

Make a custard of the above ingredients, according to directions for Custard Ice Cream, adding the beaten whites of eggs, the cream and vanilla just before freezing. Chill the mixture, pour into a pail with a tightly-fitting cover, and place on a flat block of ice 2 inches thick on the bottom of the packing pail or tub. Pack in pounded ice and salt, ice 2 parts, salt 1 part. Beat the cream in the freezer 5 minutes. Put on the top, cover with thick cloths and turn steadily until the water begins to rise. Uncover, scrape the cream thoroughly from the bottom and sides of the pail and beat until the custard is a smooth, half-frozen paste. Cover, drain off the brine, fill up the tub with ice and salt, and repeat the former process. Continue in this way until the cream is frozen. At the last opening see that the cream is higher in the center than at the sides. Put on the cover, ice, salt, and an old thick blanket, and leave it some hours, replenishing with ice and salt, and draining off the water when necessary. All creams frozen in this manner should be partly custard.

BANANA ICE CREAM.

3 quarts cream,	1½ pounds sugar,
3 tablespoons gelatine,	6 large bananas,
Lemon juice.	

Heat 1 quart of cream, add the sugar, and gelatine; stir till dissolved, and strain. When cool stir in the bananas, thoroughly mashed or chopped fine, and the lemon juice, then freeze. Or, substitute 1 quart of milk and 4 eggs for 1 quart of cream, cook the custard till it thickens and proceed as with full cream recipe.

BISQUE ICE CREAM.

3 quarts cream,	2 ounces macaroons,
1 pound sugar,	2 ounces kisses,
4 lady fingers,	3 teaspoons vanilla.

Roll very fine, or crush and sift through a sieve, the kisses, lady fingers and macaroons. Heat 1 quart of cream in a double boiler, then add the sugar, stirring until dissolved. Remove from the fire and cool. Add the rest of the cream, put into the freezer, and when nearly stiff, stir in the sifted cakes and vanilla. A richer coloring is given by adding 2 teaspoons caramel. Beat until smooth, and follow directions for freezing and packing. The cream must stand at least 2 hours before using. This makes one gallon of cream when frozen.

BOSTON BROWN-BREAD ICE CREAM.

2 quarts cream,	1½ pounds sugar,
10 eggs,	¾ pound brown bread.

Roll and sift the dried toasted bread. Put 1 quart of cream into a custard-kettle, heat, and add the sugar and well-beaten eggs. Strain, and stir constantly until it thickens smoothly. Remove from the fire, add the remainder of the cream, cool and freeze. When nearly frozen beat in the powdered bread, and finish according to general directions. The eggs and one-half pound of sugar may be omitted. Biscuit Cream is made by substituting three-quarters of a pound of stale sponge cake for the bread.

CARAMEL ICE CREAM.

Make a foundation as for Ice Cream—3. Put 1 scant cup of sugar into a frying pan and stir over the fire till the sugar turns liquid and brown, add this to the hot custard, in place of 1 cup of sugar.

CHOCOLATE ICE CREAM—1.

2 quarts cream,	1½ pounds sugar,
1 pint milk,	½ pound grated chocolate,
	Vanilla.

Use the unsweetened chocolate. Heat the milk and make a smooth paste with the chocolate. Add the sugar, mix thoroughly with the cream, flavor, and freeze according to directions. Or, scrape 2 ounces of Baker's chocolate, and cook till smooth and glossy with 2 tablespoons sugar and 2 of boiling water. Add this to the custard or cream while in the double boiler. When cold, add 1 tablespoon vanilla.

CHOCOLATE ICE CREAM—2.

1 quart rich cream,	3 eggs,
1 pint new milk,	1 pound sugar,
	6 tablespoons grated chocolate.

Scald the milk, and add the sugar, the eggs well beaten, and the chocolate rubbed smooth in a little milk. Beat well, place over the fire and heat until it thickens a little, stirring constantly, strain, add a tablespoon thin, dissolved gelatine, and, when cold, place in the freezer; when half frozen add the cream, well whipped, and finish.

To make a block of chocolate and vanilla: freeze the creams separately, and before packing fill a mould with two or three layers of cream according to taste. Pack the mould in ice and salt, and let it stand at least 2 hours.

COFFEE ICE CREAM—1.

2 quarts cream,	1 pound sugar,
	½ pound ground Java and Mocha coffee.

Put into a double boiler 1 quart of cream and the coffee. Let it stand 15 minutes in hot, not boiling water, strain and squeeze to obtain the strength, and stir in the sugar. When cold, add the rest of the cream and freeze.

COFFEE ICE CREAM—2.

1 quart cream,	1¾ pounds sugar,
1 quart milk,	8 eggs,
	1 quart strong, clear, hot coffee.

Heat the milk, and add the sugar and beaten eggs, (8 yolks and 2 whites may be used) strain, add coffee, cook till thick, and cool. Add the cream just before freezing.

CUSTARD ICE CREAM.

1 quart cream,	1½ pounds sugar,
1 quart milk,	12 eggs,
Lemon and vanilla.	

Heat the milk in a custard kettle; beat the eggs with the sugar, or omit the whites of 10, add the milk, strain, and cook until thickened, stirring constantly. When cold, add lemon and vanilla either in powder, or the vanilla extract, and a little grated lemon peel, and freeze.

FRUIT ICE CREAMS.

1 quart cream,	1 pound sugar,
1 quart pulp or juice.	

Sprinkle the fruit with some of the sugar and let it stand 1 hour; mash, and strain through a hair sieve (a wire one will affect the color) add the remainder of the sugar, and beat into the cream previously whipped. Whole berries, sweetened, and whipped cream may be added just as the cream is beginning to set, in the proportion of 1 cup of berries and 1 pint of whipped cream to 3 pints of the frozen mixture. Canned berries may be used in the same way. A pint of berries or peaches, cut fine, added to a quart of ordinary ice cream, while in process of freezing, makes a delicious fruit ice cream. If milk is mixed with the cream it must be fresh and cold. For apple ice cream the pulp of baked instead of raw apples may be used and flavored to taste.

FRUIT FRAPPÉS.

Line a mould with vanilla ice cream, fill the center with fresh berries, or fruit cut in slices, cover with ice cream, close the mould, and set in the freezer for half an hour, with salt and ice well packed around it. The fruit must be chilled, but not frozen. Strawberries and ripe peaches are delicious thus prepared.

KENTUCKY CREAM.

Make a half gallon of rich boiled custard, sweeten to taste, add 2 tablespoons gelatine dissolved in a half cup of cold milk; let the custard cool, put it in the freezer, and when half frozen, add 1 pound raisins, 1 pint strawberry preserves, and 1 quart whipped cream; beat well, and finish freezing. Blanched almonds or grated cocoanut are nice additions. Currants may be used, or citron, chopped fine.

strain through a coarse towel or fine sieve. Heat 1 quart of cream, in which dissolve the sugar, and when cool add the remainder of the cream. Freeze according to directions, adding the fruit juice when half frozen, and, if liked, 1 cup of whole sweetened berries. Or, mash 1 quart of berries, add 1 pound of sugar, beat well, and stir into 1 quart of fresh, thick cream. Freeze.

TEA ICE CREAM.

1 quart cream,	$\frac{3}{4}$ pound sugar,
1 tablespoon tea,	5 eggs,

Infuse the tea 5 minutes in 1 pint of warm cream. Strain through a hair sieve, add the beaten yolks of eggs, and the sugar; return to the double boiler to heat. Cool, mix with the beaten whites of eggs, and the rest of the cream; freeze.

TUTTI FRUTTI ICE CREAM.

Make a rich ice cream, and when half frozen add equal parts of half a dozen kinds of crystalized fruits, and one variety of nuts, or preserved peaches, plums, cherries, apricots, with other home-made preserves, all cut in small pieces and drained of their syrup, in the proportion of 1 pound of fruit to 2 quarts of cream. If too sweet a little lemon juice may be used.

VANILLA ICE CREAM.

Use recipe for Ice Cream No. 1, or the following:

1 quart cream,	$\frac{1}{8}$ box gelatine,
1 quart milk,	} 2 tablespoons extract vanilla, or 1 tablespoon powder.
1 pound sugar,	
8 eggs, yolks,	

Heat the milk, and stir into the well-beaten eggs and sugar. Return to the custard kettle, and stir while thickening slightly; add the gelatine, dissolved by standing 1 hour in a little water, stir until well mixed, and strain. Chill on ice, and pour into the freezer. When nearly frozen add the flavoring, and the cream whipped and chilled, and finish freezing. Cover and let stand 2 hours.

WHITE ICE CREAM.

2 quarts cream,	$1\frac{1}{2}$ pounds sugar,
9 eggs, whites,	2 eggs, yolks.

Prepare as for Ice Cream No. 1, adding the eggs, beaten separately, with a little sugar whipped in at the last. Mix and freeze.

WATER ICES.

The true ice is made of water, fruit juices, sugar and flavors; but as many object to its hard, gritty taste, there is a growing tendency to soften the composition with the well-beaten whites of eggs, and a larger amount of sugar. More sugar and juice is required if the ice is to be served alone than with an ice cream. The water and sugar to be used in the ice should be made into a syrup, boiling it, and skimming to clear. Strain while hot, and chill before adding the flavoring or fruit juices. Freeze in a similar manner to ice cream, but allow from fifteen to twenty minutes more time. Fruit jellies may be used instead of fruit juices. Dissolve in hot water, and add when cool to the mixture in the freezer. Use twice as much jelly as fruit syrup. Ordinarily four lemons or oranges will yield a gill of juice; one pineapple, a pint; and three pints of the pulp of raspberries, peaches, strawberries, one pint. Lemon juice is added usually to apricot, orange, pineapple, raspberry and strawberry ices.

Water ices lose their coldness much sooner than ice creams, and therefore greater care must be taken to protect them from warmth and evaporation. Ices to be eaten at noon should be frozen in the morning, and early in the afternoon for evening use.

FROZEN FRUITS.

1 pound mashed fruit,	1 pint sugar,
3 eggs, whites,	1 pint water.

The fruit should be cut rather fine, or mashed smooth, and when the syrup is cool add to the fruit and freeze. With apricots and peaches, a few kernels may be mashed fine and cooked in the syrup. With sweet fruits like raspberries and strawberries add a little lemon juice. The use of the whites of eggs is simply a matter of taste. In freezing, care should be taken to keep the mixture smooth, as the fruit has a tendency to form lumps.

FRUIT ICES.

2 quarts water,	3 pounds sugar
1 quart fruit juice.	

These proportions hold good for all variety of ices, except that the sugar may be increased or diminished, according to the acidity

of the fruit. Where the strained pulp of berries is used follow these proportions :

1 quart water,	1 pound sugar,
1 quart soft pulp.	

The beaten whites of 4 eggs may be added to the first, and of 2 eggs to the second recipe, when the mixture is half frozen. Freeze as for ice cream, allowing more time. Ices made from apricots, cherries, peaches and plums are improved by cooking a few of the mashed kernels in the syrup.

CITRON ICE.

Use recipe for Lemon Ice, omitting the oranges, and add to the syrup one-half cup fine sliced candied citron, just before taking from the fire. Let it stand some time before straining. Follow directions for freezing in Lemon Ice.

LEMON OR ORANGE ICE.

1 quart water,	1½ pounds sugar,
6 lemons and 2 oranges,	4 eggs, whites.

Make a syrup and put in the grated rind of 3 lemons, and the oranges, and boil 5 minutes. When cool add the juice from lemons and oranges. Strain and freeze. When stiff add the whites beaten to a stiff froth, beat in thoroughly, and pack, letting it stand 2 hours.

For orange ice, use 6 oranges and 2 lemons, and proceed as in lemon ice. The whites of eggs may be omitted.

CURRENT, RASPBERRY AND STRAWBERRY ICE.

Mash 2 quarts of berries with 2 pounds of sugar; let stand an hour or more, squeeze in a cloth, pressing out all the juice; add an equal measure of water, and when half frozen, add the beaten whites of eggs in the proportion of 3 eggs to a quart.

TUTTI FRUTTI ICE.

Make a strong water ice, and to 2 quarts use 1 pound of 6 kinds of crystalized fruits and 1 variety of nuts, or 1 pound of several kinds of preserved fruits cut in small bits and drained from their syrup. When the ice is ready for the mould, put in 1 quart of ice, add the fruit in a smooth layer, and cover with the remaining ice. Pack and let stand 2 hours.

SHERBETS.

1 pint fruit juice,
1 pint water,

1 pound sugar,
3 eggs, whites.

These proportions are good for all varieties of fruit juices, and many nice combinations may be made. Currant sherbet is improved by adding raspberries in equal proportions. In lemon or orange sherbets soak the grated rinds of the fruit 10 minutes, in the boiling water to be used for syrup, and strain over the sugar. Prepare as for ices, and freeze according to directions. Ices or sherbets are used in layers with ice cream in moulds, and are considered excellent. In making orange sherbet the lemons may be omitted

PINEAPPLE SHERBET.

1 quart grated pineapple pulp,
2 lemons, juice,

1½ pounds sugar,
1 pint water,

2 eggs, whites.

Dissolve the sugar and bring to a boil, skim if not clear, and cool. Add to the pulp when cold, stir in the lemon juice, and freeze. Beat the whites of eggs thoroughly, and add to the ice when nearly frozen. The lemon juice may be omitted.

MEATS.

THE flesh of animals, poultry and game goes under the general term meat. In some localities the steak of large fish is erroneously classed under that name. Meats are made up of several substances—fibrine, gelatine, fat, albumen, and the juice of flesh. The real color of fibrine is white, taking its pinkish tinge from the blood. This goes to form the fiber and muscle of meat, and is made hard and tough by hard boiling, but is soluble in a moderate heat. Therefore, if meat has strong and tough fiber, put it on in boiling water, place the kettle where it will simmer, and boil gently for a long time. In this way the toughest meat may be made tender and palatable. Plunging into boiling water at first closes the tissues and keeps in the juices of the meat. Gelatine is found in the bones, tendons, gristle, skin, sinews, and about the joints. Soak the parts from which it is to be removed in cold water, and then boil very gently for five or six hours, or until the meat is tender. Remove all bones and meat by straining; set where it will cool, when the fat will be found at the top, and the gelatine in a jelly-like mass at the bottom. This is useful for preparing jellied meats, sauces, sausages, meat loaves, meat cheeses, and pressed meats of every kind; or, warmed up properly with a spoonful of rice, a little milk, salted and flavored, it is good food for invalids.

The fat of meats gives warmth, and is an appropriate food for a cold climate. In temperate regions it should be used sparingly. The fat that comes out when cooking meat should be saved by itself. That of pork makes lard, and by careful and sufficient cooking may be kept any length of time. That from beef is tallow, and may be used in small quantities with lard nicely rendered, as drippings.

The juices of meat may be obtained by chopping the raw meat, inclosing in a jar, placing in cold water, and gradually raising the temperature until the water gently boils. This juice is used in

making teas and in extracts of meat. When meats are cooked for the meat itself, they should be so quickly heated at first as to close the tissues, and keep in the juices; but when used for soups or teas they may be very gradually heated to bring out the juices.

Young animals are tender, and do not need so much cooking, but their meat is not as nutritious as that of older ones.

Meats are always in season, though it were better to use the fatter meats in cooler, and leaner meats in warmer weather. Do not put meat directly upon the ice, or allow it to lie wrapped in butcher's paper. Take care of it when it first comes to the house, and, if there is a bloody piece about it, remove it. Lay it on a cool dish, and if to be kept some time, lay bits of charcoal about it, and place over ice in a cooler, as recommended for fish. Meat may be kept a long time in cold weather if care is taken, and it is much less expensive to buy a large quantity than to buy by the piece.

Broiling is the most wholesome method of cooking meats, and very acceptable to invalids. Tough steak is made more tender by pounding or hacking with a dull knife, but some of the juices are lost by the operation; cutting it across in small squares with a sharp knife on both sides is best. Tough meats are improved by lying two hours on a dish containing three or four tablespoons each of vinegar and salad oil, or butter, a little pepper, but no salt, and turning every twenty minutes. The action of the oil and vinegar softens the fibers without extracting their juices. Trim off all superfluous fat, but never wash a freshly cut steak. Never salt or pepper steak or chops before or while cooking, but if very lean, dip in melted butter. Turn steaks with a small pair of tongs, as piercing with a fork frees the meat juices.

Frying is properly cooking in fat enough to cover the article, and when the fat is hot, and properly managed, the food is crisped at the surface, and does not absorb the fat. The process of cooking in just enough fat to prevent sticking has not yet been named in English, and is *sautéing*, but is popularly known as frying, and ought to be banished from all civilized kitchens. The secret of success in frying is what the French call the "surprise." The fire must be hot enough to sear the surface and make it impervious to the fat, and at the same time seal up the rich juices. As soon

as the meat is browned by this sudden application of heat, the pan may be moved to a cooler place on the stove, that the process may be finished more slowly.

BEEF.

Beef should have a good outside layer of fat, and be well marbled with fat. The flesh should also be firm, of a bright red color, and the suet dry, and easily broken with the fingers. In buying a quarter of beef for immediate use, give the preference to a hind quarter. The fore quarter is cheaper, and contains, besides the roasting and boiling pieces, quite a good many pieces that may be corned, and kept; but it has less steak and thick pieces than the hind quarter. If a housekeeper has a butcher on whom to rely, it would be an invaluable lesson to go to his shop, observe the meat as it is cut and sorted, learn the different parts, and how to distinguish between them. Better pay him for the teaching, than to pay for sirloin, and get round steak. The first cut of sirloin is the end of the muscle, and not apt to be very tender. The second cut contains more of the tenderloin and is considered the best steak. The best pieces for roasting are the sirloin, tenderloin, and rib pieces. The sixth, seventh and eighth ribs are the best. It is well in a rib roast to have the bones taken out, and the roast rolled and tied by the butcher. Meat that is desired rare should have a very hot oven at first, and small pieces require a hot oven to prevent drying. For a large rare roast allow ten minutes to the pound, and a longer time for one better done. The first strong heat of the oven sears the meat, and keeps the juices inside; by lessening the heat afterward the inside is cooked without any burning of the surface. A double iron pan is particularly nice for all roasting purposes.

The gravy of roast meats is found in the dripping pan, under the fat, and should be poured carefully off and saved. If no water has been used in roasting, stock will need to be added, as only the fat will be found in the pan; but if water has been used, it will be meat-flavored enough to add water to make a sufficient quantity. If not brown enough, brown flour in the oven and rub smooth with a little butter, add to the gravy, and boil up slowly. Add salt and pepper. If it should prove lumpy, for any reason,

it should be strained through a wire strainer. Twice the quantity of gravy needed should be made, as it is most useful in warming over the cold meats. Never serve a white gravy, however well made, with roast meat, nor should it be so brown as to have a burned taste.

BEEFSTEAK BROILED—1.

Broiling steak is the very last thing to be done in getting breakfast or dinner; every other dish should be ready for the table, so that this may have undivided attention. A steel gridiron with slender bars is best, as the common broad, flat iron bars fry and scorch the meat, imparting a disagreeable flavor. The dampers which shut off the draft to the chimney should be thrown open to take the flames in that direction. Lift the broiler from the fire before removing the lid, as the smoke and flames rush out past the meat and smoke it. Place the steak on a well-greased gridiron, turn often so that the outside may be seared at once; when done, which will require from 5 to 10 minutes, lay it on a hot platter, season with salt, pepper, and bits of butter, cover with a hot platter, and serve at once. If the fat drips on the coals below, the blaze may be extinguished by sprinkling with salt; withdraw the gridiron to prevent the steak from acquiring a smoky flavor. Always have a brisk fire, whether broiling in a patent broiler directly over the fire or on a gridiron over a bed of live coals.

Or, lay a thick, tender steak upon a well-greased gridiron over hot coals; when done on one side have ready the warmed platter with a little butter on it, lay the steak, without pressing it, upon the platter with the cooked side down so that the juices which have gathered may run on the platter, quickly place it again on the gridiron, and cook the other side. When done, place on the platter again, spread lightly with butter, season with salt and pepper, and set it where it will keep warm, for a few moments, but do not let the butter become oily. Serve on hot plates. It may be garnished with fried sliced potatoes, or with browned potato balls the size of a marble, piled at each end of the platter.

BEEFSTEAK BROILED—2.

Remove the fat and bone. Grease the gridiron with the fat and lay on the steak. Broil over a clean fire, turning often. If liked

rare, broil from 3 to 5 minutes, or longer if it is to be well done. Serve on a hot platter ; add butter, salt, pepper, and cover for a few minutes with a hot cover. This is for steak an inch thick. If cooked through, a red juice follows the fork. If blood follows of a dark red color the steak is raw. If the steak is tough, pound with a steak pounder or hack with a sharp knife, but in this case the outside must be quickly seared over or the juices will be lost.

BEEFSTEAK FRIED.

When the means to broil are not at hand, heat the frying pan very hot, put in a steak previously hacked, let it remain a few moments, loosen with a knife and turn quickly several times ; repeat this, and when done transfer to a hot platter ; add salt, pepper, and bits of butter ; pile the steaks one on top of another, and cover with a hot platter. This way of frying is both healthful and delicate. Or, heat the skillet, trim off the fat from the steak, cut in small bits and set on to fry ; meanwhile pound the steak, draw the bits of suet to one side and put in the steak, turn quickly several times so as to sear the outside, take out on a hot platter previously prepared with salt and pepper, dredge well with flour, return to the skillet, repeating the operation until the steak is done ; lay on a hot platter, covering with another one, and place where it will keep hot while making the gravy. Stir a tablespoon dry flour in the skillet, being sure to have the fat boiling hot, brown, free from lumps, (the bits of suet may be left in, drawing them to one side until the flour is browned), pour in half a pint of boiling water, milk, or cream, stir well, season with pepper and salt, and serve in a gravy tureen. Spread bits of butter over the steak and send it to the table at once. This is more economical, but not so wholesome as broiling.

BEEFSTEAK WITH OYSTERS.

Cook the liquor of half a pint of oysters 2 minutes, skim well, add the oysters and boil 2 minutes, add 2 tablespoons cracker, rolled fine and smoothed with an equal amount of butter. Broil a nice steak carefully, lay it in a deep dish, adding salt, pepper, and butter, and pour the oysters over it. Serve with nice, brown, buttered toast and a glass of cranberry jelly.

BEEFSTEAK WITH TOMATOES.

10 tomatoes, or 1 pound can,	½ pint beef stock,
1 rolled cracker,	1 onion.

Pare and stew the tomatoes with the onion in the beef stock 1 hour, and add the cracker, with salt and pepper. Broil a nice steak carefully, add butter, salt, pepper, and lay in a hot, deep platter. Pour the boiling sauce over the steak, and serve hot, with short cakes just from the oven. The onion and cracker may be omitted from the sauce.

CORNERED BEEF, BOILED.

Soak over night if very salt, but if beef is young and properly corned this is not necessary; pour over it cold water enough to cover it well, after washing off the salt. The rule for boiling meats is 25 minutes to a pound, but corned beef should be placed on a part of the stove or range where it will simmer, not boil, uninterruptedly from 4 to 6 hours, according to the size of the piece. If to be served cold, let the meat remain in the liquor until cold. Tough beef should remain in the liquor until the next day, and be brought to the boiling point just before serving. Simmer a brisket or plate-piece until the bones are easily removed, fold over, forming a square or oblong piece, place sufficient weight on top to press the parts closely together, and set where it will become cold. This gives a firm, solid piece to cut in slices, and is a delightful relish. Boil the liquor down, remove the fat, season with pepper or sweet herbs, and save it to pour over finely-minced scraps and pieces of beef; press the meat firmly into a mould, add the liquor, and place over it a close cover with a weight upon it. When turned from the mould, garnish with sprigs of parsley or celery, and serve with fancy pickles or French mustard.

FRESH BEEF, BOILED.

Wipe well, and if rib pieces, the bones may be removed and a close roll made by tying with strong twine. Plunge into boiling water, enough to cover it, skim when it boils, and cook very slowly until tender. Do not salt until half an hour before it is cooked. The rule for boiling beef is 25 minutes to the pound and 25 minutes extra, but one must be governed by the age and quality of the beef. After the beef is removed, boil the water quickly to 1

quart of liquid. Set self-sealing glass jars on a thick wet cloth, fill with the boiling liquor, put on the rubber, two if the can is old, and screw the top down quickly. Set away in a cool, dark place, and use as stock for gravy or soup.

FILLET OF BEEF.

Remove all veins and tough portions, with most of the fat. Rub well with salt, pepper and flour. On the bottom of the dripping pan place the pieces of fat, and a slice or two of fat salt pork. Have a hot oven and bake nearly 40 minutes. Take out and baste thoroughly. Sift cracker crumbs over it, and lay on several bits of butter. Return it to the oven, brown quickly and remove. Make the gravy as in directions for brown gravy, and to a portion of it add fried mushrooms, and serve with the roast. Garnish with nasturtium leaves and bloom. A stuffing may be made as for turkey, and baked separately, often basted with the meat gravy.

BEEF HEART, BOILED.

Prepare the same as for beef tongue. To flavor the heart, or prepare it for pressed meat, boil a half pound salt pork with it, and add spices and pepper to taste when it is chopped. To make into mince pies boil with the pork and chop both, or salt and boil alone.

BEEF HEART, STUFFED.

Take a beef, sheep or calf's heart, wash thoroughly to remove all blood, make the two cells into one by cutting through the partition with a long, sharp knife, being careful not to cut through to the outside; fill the cavity with a stuffing made as for roast turkey, cover with greased paper or cloth to secure it in place, and bake 2 hours or longer, in a deep pan with plenty of water, basting and turning often, as the upper part particularly is apt to get dry. While the heart is roasting, put the valves or "deaf ears," which must be cut off after washing, into a saucepan, with a pint of cold water and a sliced onion. Let simmer slowly 1 hour; melt a tablespoon butter, add a tablespoon flour, then the strained liquor from valves, boil up and serve as gravy.

BEEF LOAF.

One of the cheapest meats for breakfast or tea, as well as one of the nicest, is a beef loaf. Buy 4 or 5 pounds of the cheapest

pieces of beef, such as neck or rib pieces—those that are usually sold for a stew, but pieces without much bone,—if a larger loaf is desired a beef's heart may be added. Wash and cover with boiling water, and add a pound of salt pork, not too fat. Care must be taken that every scrap put into the kettle is perfectly clean and untainted, and scraps of steak or roast beef may be added. Let it come to a boil and skim, even the third time, if necessary. Put where it will just simmer all day. Remove, chop, and pick out all hard pieces and bones. Add 6 crackers and, a little at a time, the liquor in which it was boiled until it is a thick mass. It may not take all the liquor. Add salt and pepper to taste. Butter a deep bread tin and pack the meat in solidly. Place in the oven and let stay 10 minutes, or until heated through. Set in a cold place. When partly cool if not solid enough put on a pressure. To serve, loosen from the edges of the pan, hold in boiling water for a minute or two, turn out, and slice with a sharp knife from the end. If for breakfast, and potatoes are to be served, make a brown gravy with the liquor that may have been left.

This recipe may be varied to suit the meat in quantity and kind. If the meat is quite fat, or contains a good deal of gelatine, it may take more crackers. If very lean, as it would be if made wholly of heart and the pork, less crackers should be used. Other meats, as veal, pork, lamb, etc., may be used in this way and are very nice. If liver is added to it, first scald it and turn the water off. Cut it into small pieces and put into the kettle 30 minutes before removing from the fire.

BEEF Á LA MODE.

In a piece of the rump, cut deep openings with a sharp knife; put in pieces of pork, cut into dice, previously rolled in pepper, salt, cloves and nutmeg. Into an iron stewpan lay pieces of pork, sliced onions, slices of lemon, one or two carrots, and a bay leaf; lay the meat on and put over it a piece of bread crust as large as the hand, one-half glass currant jelly, lemon juice, and afterwards an equal quantity of water or broth, till the meat is half covered; cover the dish close and cook till tender. Then take it out, rub the gravy thoroughly through a sieve, skim off the fat, add sour cream, return to the stewpan and cook ten minutes. Instead of

cream, capers or sliced cucumber pickles may be added to the gravy, or a handful of grated gingerbread or rye bread. The meat may also be laid for some days before cooking in spiced vinegar.

RAGOUT OF BEEF.

6 pounds round,	6 cloves,
½ pound salt pork,	1 stick cinnamon,
6 ripe tomatoes,	Whole black peppers,
2 or 3 onions,	½ cup vinegar.

Cut the tomatoes and onions into a kettle or pan having a closely fitting cover, and add the spices; gash the meat, stuff with the fat salt pork, cut into square bits, place it on the other ingredients, and pour over them the juice of a lemon and a cup of water; cover tightly, and bake in a moderate oven; cook slowly 4 or 5 hours, and, when half done, salt to taste. When cooked, take out the meat, strain the gravy and thicken with flour.

BEEF ROAST.

Take a rib piece or loin roast of 7 to 8 pounds. Beat it thoroughly all over, lay it in the roasting dish and baste it with melted butter. Put into the well-heated oven, and baste frequently with its own fat, which will make it brown and tender. If, when it is cooking fast, the gravy is growing too brown, turn a glass of boiling water into the bottom of the pan, and repeat this as often as the gravy cooks away. The roast needs nearly two hours time for cooking, and must be brown outside but inside red and juicy. Season with salt and pepper. Serve with brown gravy and garnish with sliced lemons.

BEEF ROAST WITH PUDDING.

Roast beef as directed; make a Yorkshire pudding, to eat with the roast, as follows:

Yorkshire Pudding.

1 pint milk,	3 cups flour,
Pinch of salt,	3 eggs.

Beat to a smooth batter, and pour into the dripping pan under the meat, or into a hot pan with some of the drippings from the beef which is roasting, and bake 30 minutes. Cut in squares and serve on the platter with the roast.

RIB ROAST.

Remove the ribs and backbone. Roll up smoothly and as closely as possible, the butcher will do this if asked, wind tightly with twine, and roast as sirloin, except that it will take a little longer to the pound. The potatoes may be browned in the pan with the beef. Serve with brown gravy in which a little parsley has boiled. Garnish with parsley and sliced blood-beet pickles.

THE RUMP ROAST.

Many prefer this roast to the other pieces as it is cheaper, all good and comes in better shape. It is excellent cold. Rub well with pepper and flour. When the flour in the pan is browned pour in a pint of water, and baste often. If a soft stewing sound comes from the oven it is doing well, but if the fat sizzles and snaps the water is out and the fat burning. If the whole rump is used carve it lengthwise. Many prefer the gravy when an onion or two has been roasted with the beef. Salt at the last basting.

SIRLOIN OF BEEF ROASTED.

Procure 8 pounds of the second cut of sirloin. No washing is necessary if the butcher is neat in handling it. Trim off all unsightly pieces and bits of gristle and wipe carefully with a wet cloth. Tie and skewer it into the shape to serve on the table. The flank piece may be cut off and left in the pan or saved for soup or stock. Use a large dripping pan. Lay the meat skin side down on a rack, or three or four sticks laid crosswise in the pan. Rub it well with flour. Have a quick fire to sear the cut sides of the meat, and when the flour on the bottom of the pan is brown the heat is great enough and may be gradually reduced. Many add a pint of hot water at this point to avoid so much basting. Baste often by dipping the fat and gravy from the pan over the meat. If the beef is liked very rare, an hour of steady baking after it is seared will be sufficient, but if well done, keep in a slow steady heat a half hour longer. There is much danger of burning the fat in the pan if the water is not added; it will need constant watching, and great care must be given the fire. When nearly done turn and brown the under side and place skin side up on the platter. Carve by cutting thin slices parallel with the ribs, and by running the knife down the backbone to separate the slices. If

some prefer the tenderloin, remove it from under the bone and slice in the same manner. Serve with mashed or browned potatoes, brown sauce or gravy. The meat may be made more attractive by a garnish of celery leaves and bunches of barberries.

ROUND OF BEEF SPICED.

20 pounds round,	1 ounce cloves,
1 quart salt,	3 ounces saltpetre,
1 nutmeg,	$\frac{1}{2}$ ounce allspice.

Rub the salts and spices together until fine. Rub the beef well with this powder after removing the bone. Put a part of the powder into a tub just large enough to hold the meat. Lay the beef on it and pour over it the rest of the powder. Rub it well every day for ten days. Wash the beef and bind it up compactly with a tape and fill in all spaces with pieces of suet. Lay in a pan of convenient size and drop bits of suet over it. Sprinkle with 3 ounces brown sugar, 1 tablespoon pepper, 1 ounce powdered mace, and add 1 pint of water, with the juice of a lemon. Cover closely and simmer 7 or 8 hours, adding water as it boils dry.

BEEF SMOTHERED.

Use 4 pounds of rump, or other thick roasting piece. Sear quickly on a hot frying pan or in a very hot oven. Put into a stew-kettle with $1\frac{1}{2}$ cups of boiling water. Cover closely and put where it will just boil. Watch that the water does not boil away, or the meat will burn. Cook until tender, or about 3 hours. Add salt 15 minutes before taking up. Remove the meat carefully to a hot platter. Add more water to the gravy, if necessary, and thicken with 1 tablespoon flour smoothed in butter. Serve the gravy in a boat.

BEEF STEWED.

Pound a piece of the rump until tender, lay it in an iron vessel previously lined with slices of pork and onions, and a few pepper-corns; salt, and baste with melted butter. Cover close, set over a good heat, and when it has fried a nice brown, add 1 quart good soup stock, and stew it till soft. Before serving, take out the meat, skim off the fat, add 1 tablespoon flour mixed smooth with broth, gradually add more broth, strain it through a sieve and turn over the meat. The meat may lie for some days before cook-

ing, in vinegar, or in a spiced pickle, or be basted with either occasionally, instead of lying in it.

A BROWN STEW.

Put on the stove a thick piece of beef having little bone but some fat; cover with boiling water. Put on the kettle a close-fitting lid, boil gently 4 hours, and as the water boils away add just enough from time to time to keep it from burning, so that when the meat is tender the water may all be boiled away, and the fat will allow the meat to brown without burning; turn occasionally, brown evenly over a slow fire, take out on a platter and make a gravy by stirring flour and water together and adding to the drippings; season with salt an hour before it is done.

BEEF STEW WITH DUMPLINGS.

Buy a nice stewing piece, juicy, not too fat, and the lean part must not be skinny. If it has some bone it will be likely to have gelatine enough to make the stew nice. If the piece contains 4 or 5 pounds and is rightly selected, it will serve a small family for a roast and may then be used for a stew, as the flavor from roasting, if not burned, improves the stew. If raw, brown slightly in drippings in a hot skillet, put into the kettle with water enough to cover, and add 2 onions; a few pieces of yellow turnip cut small, some bits of orange carrot, if the flavor is liked, to make it richer. Cook 3 hours and add 8 small pared potatoes that have been lying in cold water for an hour, with salt and pepper to taste. The liquor in the kettle should be well over the whole, and just before the potatoes are done put in the dumplings, cover closely to keep in the steam and boil 10 minutes without lifting the cover, or the dumplings will fall. Take out the dumplings, then the rest of the vegetables and the meat, on a hot platter. Place the dumplings around the edge. Remove the fat from the liquor and thicken with a little flour smoothed in butter or in a little cold water. Boil up and pour over the stew. Put the extra gravy in a boat.

Dumplings.

1 pint flour,	2 teaspoons baking powder,
1 cup sweet milk,	A pinch of salt.

Make into dough soft enough to handle. Pat it out and cut

into small rounds half an inch thick, or if too soft to cut drop in with a spoon.

TENDERLOIN BROILED.

Slices from the tenderloin may be broiled like beefsteak.

BEEF TONGUE BOILED.

Wash it clean, put in the pot with water to cover with a pint of salt, and a small pod of red pepper; if the water boils away, add more so as to keep the tongue nearly covered until done; boil slowly until it can be pierced easily with a fork, take out, and if needed for present use, take off the skin and set away to cool; if to be kept some days, do not peel until wanted. The same amount of salt will do for three tongues if the pot is large enough to hold them, remembering to keep sufficient water in the kettle to cover all while boiling. Soak a salt tongue over night, and cook in the same way, omitting the salt. Or, after peeling, place the tongue in a saucepan with 1 cup water, one-half cup vinegar, and 4 table-spoons sugar; cook till the liquor is nearly evaporated.

BEEF TONGUE SPICED.

1 beef tongue,
 $\frac{1}{2}$ pint sugar,

1 tablespoon cloves,
 Pinch of saltpetre.

Rub the sugar, cloves and saltpetre into the tongue; immerse it in a brine made of three-quarters of a pound of salt to 2 quarts of water, and keep it well covered. Let it lie 1 week, take out, wash well, and dry with a cloth. Make a thin paste of flour and water, wrap the tongue in it, and bake slowly in a pan, basting well with lard and water. When done, remove the paste and skin, and serve.

TRIBE FRIED.

Dredge boiled tripe with flour, or dip in egg and cracker crumbs, fry in hot butter, or other fat, until a delicate brown on both sides; lay it on a dish, add vinegar to the gravy, and pour over the tripe. The vinegar may be omitted, and the gravy added, or the tripe may be served without vinegar or gravy. Or, make a batter by mixing gradually 1 cup of flour with 1 of sweet milk, adding an egg well beaten and a little salt; drain the tripe, dip in the batter, and fry in hot drippings or lard. Salt pork and pigs' feet may be cooked by the same rule. Buy the honey-combed tripe.

To fricassee tripe, cut it in narrow strips, add water or milk, butter rubbed in flour, pepper, and a little salt; let simmer slowly for some time, and serve hot, garnished with parsley.

TRIPLE SOUSED.

After boiling, place it in a stone jar in layers, seasoning each one with pepper and salt, and pour over boiling vinegar, in which a few whole cloves, a sprinkle of mace, and a stick of cinnamon may be boiled; or cover with the jelly or liquor in which the tripe was boiled. When wanted for the table, take out of the jar, scrape off the liquid, and broil, fricassee, or fry in butter.

GAME.

Game is a particularly valuable food for invalids as it abounds in phosphates. The flesh is fine, dry, and not marbled with fat, as is the case with tame meats. It has a wild, "woody" flavor, from the wild food on which it feeds; but if well bled as soon as killed, it will not be disagreeable. There is a large vein under the tongue, not only of birds but of animals, that can be easily opened with a sharp penknife, which will bleed the body thoroughly if the game is suspended by the feet to a limb of a tree. Feathers of birds pick off easily in this position while the birds are yet warm. If for immediate use, this should be done. Catch hold of the plumage near the tail, and strip off carefully and rapidly to the head. Leave the head, tail and wings on. Cut a slit inside the right leg, remove the entrails, wipe out the blood, and stuff full of wild prairie grass to keep dry and in form. Keeping game brings out its flavor and makes it more tender. If pieces of venison, or birds, show signs of being slightly tainted, immerse immediately in new milk in which are several pieces of charcoal, and let remain for a day or more, when they will be found to be sweet.

In preparing birds for cooking, remove carefully all shot and plunge in a pan of boiling water, when any pin feathers may be removed with the skin. Do not wash game more than is necessary for cleanliness. Often, wiping with a wet cloth will be all that is required. Chickens, ducks, partridges, etc., require a hot fire, and not so much time to cook as poultry. They should be thoroughly done. Game is fine broiled or roasted in front of an open

fire. For tent-roasting, split down the back of a chicken, open underneath, and pound the breast bone to make it flat; rub with a little pepper, and impale on the points of a long, forked stick. On the points of the stick arrange a slice of fat pork, and hold to the camp fire, first one side until brown, and then the other. The salt pork both salts and bastes it. If the fire is hot, it is most delicious. It may be done the same way at home before the fire, in a common toaster placed over a dripping pan, and served on hot toast, for breakfast. The time required for cooking is a little less than half an hour. To broil either birds or venison steak, prepare them as above and lay on a gridiron over a hot fire until well browned. Turn, and when well done place on a hot dish; butter, salt, and pepper both sides well, and serve hot.

To roast birds, season with salt and pepper, place a lump of butter inside, truss, skewer, and place in the oven. The flavor is best preserved without stuffing, but a plain bread dressing, with a piece of salt pork or ham skewered on the breast, is very nice. A delicate way of dressing is to place an oyster dipped in the well-beaten yolk of an egg or in melted butter, and then rolled in bread crumbs, inside each bird. Allow thirty minutes to roast, or longer if stuffed. Wild ducks, pheasants and grouse are best roasted.

To lard game, cut fat salt pork into thin, narrow strips, thread a larding needle with one of the strips, run the needle under the skin and a little of the flesh of the bird, and draw the pork half way through, so that the ends of the strips exposed will be of equal length. The strips should be about one inch apart. The larding interferes with the natural flavor of the bird, but renders it more juicy. Many tie a piece of bacon on the breast.

Pigeons should be cooked a long time, as they are usually quite lean and tough; they are better to lie in salt water half an hour, or to be parboiled in it for a few minutes. They are nice roasted or made into a pie.

Larger birds, as pheasants, prairie chickens, peacocks, etc., may be soaked in salted water for eight or nine hours, or parboiled with an onion or a little vinegar in the water, before they are cooked. A lemon from which the outer rind has been taken, laid inside wild fowl, will absorb unpleasant flavors and odors. In

laying away a bird for several hours to await cooking, a piece of charcoal laid inside will prevent its becoming tainted ; squirrels and rabbits should also be rubbed with salt, and laid in a cloth with bits of charcoal about them.

Venison is fine roasted or broiled, and loses almost entirely its musky taste when made into a fricassee. Geese and ducks should be young to be good. If geese are not more than a year old, the fat will be soft and white, the wings tender, the feet yellow, and they will be thick and firm on the breast. The feet of wild ducks are red instead of yellow. Pigeons are dry and far from good if old, but young, plump pigeons, that live where they can steal oats and corn of the farmer, or from the wheat elevators, are sweet, tender, and delicious on toast, in a pie, or as broth for invalids. Baked, or broiled, or roasted, or almost any way grain-fed pigeons are cooked, they are excellent. Partridges are best in a pie or broiled. Spruce partridges, at the time of the forming of the cones of the spruce tree, will have a peculiar flavor, like gum from a spruce tree. Cooks have tried to impart this by using essence of spruce in boiling, but without perfect success. Partridges, quails, and grouse should have yellowish legs and dark bills. The fat of venison should be white, and the meat dark red.

Sending game to market without dressing ought never to be done, and if done, no housekeeper who cares for the health of her family should buy it. It should be stripped of feathers and drawn, when brought to the house. Remove the windpipe and the crop without injuring the looks of the neck. Cut the neck, not too closely ; cut off the legs at the joint, and take out the oil bag, which lies in the tail.

To cut up a bird : Cut the loose skin between the leg and the body. Bend the leg back, and cut off at the joint. Find the joint between the thigh and the rest of the leg by moving to see how it goes together ; this can be easily separated. The wings are removed in the same way. Slice off the breast to the bone beneath, and bending back, separate at the joints. Separate the front from the back. Cut each side below the ribs, and bend back. The spine will show a place that may be cut through easily. Cut off the neck, and remove the lungs, kidneys, and any

part that may have been left. Wash as little as possible, but note how the bird is arranged, that when prepared whole for baking it may be cleaned properly for the dressing. If it is to be cooked whole, the neck should be cut so as to leave two-thirds on, and care must be used not to break the gall bag on the liver when it is drawn. Everything should be taken out that can be removed, and if the gizzard is to be saved, a sharp knife must be used to cut it across both ways, when the inner skin can be started, and peeled out, leaving the inside smooth. For baking, draw the legs close together, and tie loosely. Use a light but well-flavored dressing. Stuff not over full, and lay close together, backs down, in a dripping pan. Lay over thin slices of salt pork, and baste with melted butter. Put a very little water in the pan to prevent burning, or lay under them thin slices of pork.

ROAST BIRDS.

Prepare as for baking. Season with pepper and salt, skewer on a thin slice of salt pork, and bake 15 or 20 minutes, basting often with melted butter. Brown sweet potatoes in the same pan with the birds. Serve with cranberries or currant jelly, and bread sauce. They may be served on toast with celery, if preferred. Apple sauce and green peas may be served with ducks and geese; cranberries, currants, and barberries with other birds, and venison. Sweet potatoes and squash may be served with many roasts and broils, and turnip and cabbage with boiled and fricasseed game. Brown sauces are best, but should not be flavored with onions unless these vegetables are liked by all the guests, as they are very offensive to many people. Oyster sauces and dressings are not suitable, and add a fishiness to the wild flavor that is far from pleasant. Reed birds, and some other birds, we have purposely omitted, as they are for the delight of the eye and the ear, rather than of the palate.

PRAIRIE CHICKEN OR PARTRIDGE FRIED.

Cut up a young chicken, sprinkle with flour, and let it stand in a cool place. Cook it in fat obtained from frying salt pork, or use equal parts of lard and butter. A large quantity of fat will be needed. Roll the chicken in flour or beaten egg and cracker crumbs, and lay in the hot fat. Cover and cook slowly but steadily 30 or 45

minutes, that it may be thoroughly done without burning. Brown on both sides, and after turning leave off the cover. When cooked remove to a hot platter, and shake flour into the fat; as it bubbles pour in 1 cup of milk or thin cream, add salt, and as soon as thickened pour around the bird and serve. An old bird must lie over night sprinkled with salt. Tame chickens are nice cooked in this manner.

PRAIRIE CHICKEN STEAMED.

Cut out all shot, wash thoroughly but quickly, using a little soda in the water, rinse and dry, fill with dressing, sew up with cotton thread, and tie down the legs and wings; place in a steamer over hot water till done, remove to a dripping pan, cover with butter, sprinkle with salt and pepper, dredge with flour, place in the oven and baste with the melted butter until a nice brown; serve with either apple sauce, cranberries, or currant jelly.

DUCK BOILED.

Dress and rub well inside with salt and pepper, truss and tie in shape, pushing the legs into the body, into which put 1 or 2 sage leaves, a little finely-chopped onion, and jellied stock or gravy; rub with salt and pepper; make a paste in the proportion of one-half pound butter to 1 pound flour, in which inclose the duck, tie a cloth around all, and boil 2 hours, or until tender, keeping it well covered with boiling water. Serve by pouring round it a brown gravy made as follows: Put a lump of butter the size of an egg in a saucepan with a little minced onion; cook until slightly brown, add a small tablespoon flour, stir well, and when brown add a half pint of stock or water; let cook a few minutes, strain, and stir in the chopped giblets, previously stewed till tender.

DUCK ROASTED.

Clean and wipe with a wet cloth, and a dry one. If the duck has a strong flavor lay an onion in it and parboil 10 minutes. As soon as taken from the fire, take out the onion and plunge the duck into cold water, taking it out immediately. Stuff the duck and roast like chicken; have a lump of butter in the water of the dripping pan and baste frequently. Carve duck in thick pieces, and serve with currant jelly and celery. Or, if mild and young,

rub the duck with butter after it is cleaned and dressed, and put into a pan, in which is a little hot water and butter. Omit the stuffing and bake in a hot oven 20 or 30 minutes, basting frequently. Stew the giblets, chop fine, mix with the thickened gravy, and serve immediately, with cranberry sauce. Be sure the plates for duck and all game are well heated before using.

FROGS' LEGS BROILED.

Remove the skin from the hind legs, which is the only part eaten, soak in salt and water, and parboil 3 minutes. Wipe dry and broil quickly over hot coals, or in a hot spider well greased with butter. Pour over browned butter and flour. Serve with fried mushrooms and cauliflower.

FROGS' LEGS FRIED.

Parboil them 2 minutes in salted water if old. Dip alternately in crumbs and beaten egg, and fry in boiling lard. The lard must be hot enough to smoke. Serve with green peas and stewed tomatoes.

GOOSE ROASTED.

Wild goose should be soaked in salt and water 12 hours before cooking, and if old, should be parboiled at least an hour. The goose should not be more than 8 months old, and the fatter it is, the more tender and juicy is the meat. A "green" goose, 4 months old, is the choicest. Kill at least 24 hours before cooking; cut the neck close to the back, beat the breast bone flat with a rolling-pin, tie the wings and legs securely, and stuff with the following mixture: 3 pints bread crumbs, 6 ounces butter, or part butter and part salt pork, 2 chopped onions, 1 teaspoon each of sage, black pepper and salt. Do not stuff very full, and stitch openings firmly together to keep the flavor in and the fat out. If the goose is not fat, lard it with salt pork, or tie a slice on the breast. Place in a dripping pan with a little water, and baste frequently with salt and water, turning often so that the sides and back may be nicely browned. When nearly done, baste with butter and a little flour. Bake 2 hours, or more if it is old; take from the pan, pour off the fat, and to the brown gravy add the chopped giblets, which have previously been stewed till tender, thicken with a little flour and butter rubbed together, bring to a

boil, and serve with currant jelly. Apple sauce and onion sauce are proper accompaniments to roast goose.

GROUSE LARDED.

Prepare as by general rules. Rub with salt, and a little thick cream, and dredge with flour. Bake in a quick oven 30 minutes, serve with cranberries and bread sauce.

MOOSE.

Moose may be boiled or baked, stewed as beef or used for soup. It is good corned or dried. Any recipe that is good for beef, except for rare beef, will apply well to moose or buffalo.

OPOSSUM.

Scald with lye, scrape off the hair, and dress whole, leaving on the head and tail; rub well with salt and set in a cool place over night; place in a large stone pan with 1 quart water and 3 slices bacon; when half baked fill with a dressing of bread crumbs, seasoned with salt, pepper, and onions if liked. After returning to the oven place sweet potatoes, pared, around the opossum, and bake all a light brown, basting frequently. When served place an apple or a sweet potato in its mouth.

PEACOCK.

Prepare as goose by parboiling from 20 minutes to an hour, according to age. Do not allow the skin to break. Take out, and wipe dry. Skewer and tie into as near a natural shape as possible. Use stuffing as for goose, except that it should be moistened with half a pint of cream, and flavored with chopped celery and a little nutmeg, instead of onion. Serve with apple sauce, over which slices of lemon have been laid. The brown gravy, which should accompany peacock, should be flavored with celery, salt, and a bit of nutmeg, in addition to what comes from the dressing, and great care taken that the water does not boil out of the pan, as the bird will often need basting. In laying on the platter, the garnish should be the white leaves of celery, made brilliant at the ends with nasturtium bloom, or, if out of their season, bright peppers and pickles.

PARTRIDGES, PHEASANTS, PIGEONS, OR GROUSE PANNED.

Dress the birds, split down the back, wipe carefully with a wet cloth, and lay in a deep pan, a patent baker is the best, with a

slice of pork on the breast. Pour half a cup boiling water into the pan, adding salt, pepper, and 1 tablespoon butter. Cover tightly, set in a hot oven, baste frequently, and bake 25 or 30 minutes. If the flesh is firm, not soft, under pressure of a broad knife, it is done. Serve with the gravy on buttered toast, and accompany with a salad.

PHEASANT OR PRAIRIE CHICKEN BROILED.

Scald and skin, cut off the breast and cut the rest up in joints, being careful to remove all the shot; parboil all, except the breast, until it can be pierced with a fork, take out, rub over it salt, pepper, and butter; broil with the breast over a brisk fire; place a lump of butter on each piece, and set in the oven for a few minutes. Serve at breakfast on fried mush, and at dinner on toast with a bit of currant jelly over each piece. Or, serve on pieces of toast 2 inches square. Rub butter and flour together, add the water used in cooking the birds, and pour over the toast. Squirrels may be prepared the same way.

PIGEONS POTTED.

Prepare as for baking. Tie the legs down by a string passing under the tail. Stuff with salted cracker crumbs, soften with hot water, add butter, pepper, and a bit of chopped onion, and moisten with thick cream. Have ready some pork fat in which an onion has been fried. Heat hot, and brown the pigeons all over in the fat. Put them into a stewpan, and add boiling water enough to nearly cover them. Let simmer until tender, remove to a hot dish, and thicken with flour and butter browned together in a stewpan. Pour the brown gravy over the pigeons, and serve hot with barberry or currant jelly, stewed squash, and red onions in melted butter.

PIGEONS STUFFED AND BAKED.

Pigeons may be stuffed with chopped parsley, salt, pepper, and a little pork; or they may be stuffed with cracker stuffing, in which celery has been chopped, and baked in a quick oven for 20 minutes, or more if not tender. Lay thin slices of pork over them, and put a little boiling water in the pan. Cover with a buttered paper if inclined to burn.

QUAILS.

Quails may be roasted, or broiled, and served on toast with celery. Often the breasts only are broiled, and the rest used to make a nice brown sauce. For this, cut it up with the giblets, and put into cold water in the stewpan, with a piece of butter, and boil until the juices are removed. Skim out and add to the juice a half pint of cream, and thicken with flour browned in the oven, and smoothed with butter; add salt and pepper.

QUAIL BROILED.

Split through the back and broil over a hot fire, basting frequently with butter. When done place a bit of butter on each piece, and set in the oven a few moments to brown. Serve on pieces of toast with currant jelly. Plovers are cooked in the same way.

QUAIL ROASTED.

Pluck and dress like chickens, wipe clean, and rub both inside and out with salt and pepper; stuff with any good dressing, and sew up with fine thread; spread with butter and place in an oven with a good steady heat, turning and basting often with hot water seasoned with butter, salt and pepper; bake three-quarters of an hour. When half done add a little hot water to the pan, and cover with a dripping pan to prevent browning too much. Add flour and butter rubbed together, to the gravy, and water if needed.

QUAIL ON TOAST.

Dry pick them, and singe with paper; cut off the heads, and legs at the first joint, draw, split down the back, soak in salt and water for 5 or 10 minutes, drain and dry with a cloth, lard with bacon or butter, rub salt over them, place on a broiler, and turn often, dipping 2 or 3 times into melted butter; broil about 20 minutes. Have ready as many slices of buttered toast as there are birds, and serve a bird, breast upward, on each slice.

RABBITS.

Rabbits, which are in the best condition in midwinter, may be fricasseed like chicken in white or brown sauce. For a pie, stew till tender, and make like chicken pie. To roast, stuff with a dressing made of bread crumbs, chopped salt pork, thyme, onion, pepper and salt, sew up, rub over with a little butter, or pin on it

a few slices of salt pork, add a little water in the pan, and baste often. Serve with mashed potatoes and currant jelly.

RABBITS AND HARES.

Rabbits and hares may be stewed, baked, fricasseed, or broiled, as chicken, and garnished with sliced lemon and olives; or they may be moulded in jelly, as are chickens, and garnished with parsley, bunches of barberries, and served with cranberry sauce.

SNIPE.

Snipe are best roasted with a piece of pork tied to the breast; they may be stuffed and baked.

TURKEY OR BRANT ROASTED.

Clean immediately, wash and wipe the inside carefully. Use chopped salt pork in the stuffing, prepared as for tame turkey. Cover the bird with slices of salt pork, or add by degrees half a cup of butter to the gravy in the pan, and baste very often, as the meat is quite dry. Serve with cranberry sauce or currant jelly.

VENISON.

Venison may be cooked as lamb, or tender beef; but one of the best ways is as a fricasee. Cover with boiling water, and simmer slowly until tender, and the water reduced to less than a pint. Add piece of butter half the size of an egg, and salt and pepper to taste, boil up and thicken with browned flour rubbed smooth with a bit of butter; serve hot with vegetables, and cranberry or currant jelly.

HAUNCH OF VENISON ROASTED.

Wash in warm water and dry well with a cloth, butter a sheet of white paper and put over the fat, lay in a deep dripping pan with a very little boiling water, cover with a close-fitting lid or with a thick paste of flour and water. If the latter is used, a thickness or two of brown paper should be laid over the paste. Cook in a moderately hot oven from 2 to 3 hours, according to the size of the haunch, and before it is done quicken the fire, remove the paste and paper or cover, dredge the joint with flour, and baste well with butter until it is nicely frothed and of a delicate brown color. Garnish the knuckle with a frill of white paper, and serve with a gravy made from its own dripping, having first removed the

fat. Have the dishes on which the venison is served and the plates very hot. Always serve with currant jelly.

SADDLE OF VENISON ROASTED.

Make deep gashes in it following the grain of the meat, and fill these with pieces of salt pork. Bake like mutton, but baste very often, as the flesh is dry. Allow 15 minutes to the pound. Serve with brown gravy and currant jelly.

VENISON STEAK BROILED.

Lay the steak on a well-greased gridiron over hot coals. Broil like beefsteak, turning often. Venison steak requires longer cooking than beef. When done, butter both sides, and sprinkle with salt and pepper. Currant jelly may be melted and poured over it. All dishes used for venison must be very hot.

WOODCOCK.

Woodcock may be cooked as quail, or fried 2 minutes in boiling lard with a bit of bacon tied on the breast. For frying, tie the legs close to the body, and the head under the wing. Serve on toast. Or, split them through the back and broil, basting with butter, and serving on toast. They may also be roasted whole before the fire in 15 or 20 minutes.

LAMB AND MUTTON.

Buy lamb and mutton by the quantity, as it improves with keeping. In cold weather it will remain good some weeks, in hot weather, but a few days, even in a refrigerator. If an ice chest is not at hand, and a garden plot is available, wrap mutton in a clean white cloth, bury it deep in the ground, cover it tightly and leave over night. It must be cooked the next day.

The French method of beating the leg and saddle of mutton until tender under pressure, and giving a few heavy strokes of the rolling-pin to chops and cutlets, greatly improves the meat, but it must be cooked immediately.

Lamb should be cooked thoroughly, while mutton is best underdone. The plates must be very hot on which these meats are served.

LAMB OR MUTTON CHOPS BROILED.

The breast chops are most attractive in appearance, particularly

if "Frenched," that is, having the bone cleaned from the meat; but the meat of the loin chops is sweeter and firmer. Cut French chops three-fourths of an inch, and loin chops an inch thick. Heat the gridiron very hot, grease it, place it over a clear scorching fire, lay on the chops, turning them every few seconds to sear them, and prevent burning. They are cooked when the meat is firm under the pressure, not the pricking, of a fork. Lay on a hot platter, butter generously, and sprinkle with salt and pepper.

French chops should have frilled paper covering their handles, and be laid in a circle on a platter around a mound of French or green peas.

LAMB OR MUTTON CHOPS FRIED.

Season with salt and pepper, put in a skillet, cover closely, and fry 5 minutes, turning over once; dip each chop in beaten egg, then in cracker or bread crumbs, and fry till tender or nicely browned on each side. Or, put in the oven in a dripping pan, with a little water, salt and pepper; baste frequently and bake until brown.

LAMB OR MUTTON FRICASSEE.

Cut the meat into pieces suitable for serving. Rub with salt and flour, and fry brown in butter. Put into a stew kettle, cover with boiling water and cook gently until tender. Take up, remove the bones, which should slip out easily, make a brown sauce with the liquor and pour over the meat. Serve with asparagus and macaroni boiled until tender, or peas, well done. Salt and pepper should be added to the brown sauce. Cranberry jelly or tomatoes stewed with crumbed cracker may be served with lamb or mutton.

LAMB OR MUTTON ROASTED.

Have the oven very hot. Lay the roast, whether leg or loin, into the dripping pan, and rub it all over with flour; put bits of butter on the top and a lump in the pan, and set into the oven for 30 minutes, or until it begins to brown nicely. Add a little boiling water, salt the roast, baste frequently, and if not in a covered pan, turn it when half cooked. Allow from 15 to 20 minutes to the pound, and keep sufficient water in the pan for basting. When done remove to a hot platter. The pan gravy should be sufficient in quantity and thickness to serve, but add water or flour if neces-

sary, stirring well to keep from burning, and pour into a boat. Serve lamb with mint sauce, and mutton with currant jelly and turnips.

LAMB ROASTED.

Prepare a hind quarter of lamb by stuffing with fine bread crumbs, pepper, salt, butter, sage and summer-savory. Sew the flap up over the stuffing to keep it in place. Give it a good rubbing with flour, salt and pepper, and roast as beef. A piece of butter the size of an egg and a cup of boiling water in the pan is liked by many and makes a good baste. Oysters or onions may be added to the stuffing if they are liked. Serve with green peas and crab apple or lemon jelly.

BREAST OF LAMB ROASTED.

Have the bones removed from the fore quarter. Lay on a board and wipe carefully. Prepare a nice dressing of bread crumbs, spiced according to taste, and fill the breast of the lamb. Roll together, tie up carefully, brown in hot butter, and lay it in a dripping pan, in which is a little hot water. Sprinkle with flour and salt, cover with an inverted pan, and bake slowly until done. Or, it may be cooked in this manner in an iron pot on the stove. It is especially nice served cold.

LAMBS TONGUES BOILED.

Wash them, drop into cold salted water and boil slowly 2 hours. When tender, slip off the skins and lay on a hot platter. Make a gravy of some of the liquor by thickening with flour; add pepper and pour over the tongues. Or, serve cold. Garnish with slices of hard-boiled eggs and lemons. A stew may be made by using the liquor left from boiling the tongues, heating and adding a few slices of onion, potato, carrot and turnip if liked, a bunch of sweet herbs and celery, and cooking them until half done. Rub equal quantities of butter and flour together, add to the stew with the tongues, season and let all simmer gently until done.

LAMB STEWED WITH PEAS.

Cut the neck or breast in pieces, put it in a saucepan with salt pork, sliced thin, and water to cover it; cover close and stew until the meat is tender, then skim clear, add a quart of shelled green peas, and hot water, if necessary; cover till the peas are tender then add a

bit of butter rolled in flour, and pepper to taste ; let simmer for a few minutes and serve.

MUTTON BROTH.

A piece of mutton, cleared from the fat, and stewed slowly 4 hours will, if cooked in cold water, impart so much of its juice to the water as to make a most healthful broth for invalids or old people.

BOILED MUTTON WITH CAPER SAUCE.

Have ready a pot of boiling water ; throw in 1 tablespoon salt ; wash a leg of mutton and rub salt through it. If it is to be rare, cook 2 hours ; if well done, 3 hours or longer, according to size. Boil a pint of milk, thicken smoothly with flour, add butter, salt, pepper, and two tablespoons capers, or mint sauce. Serve rice with it as a vegetable.

LEG OF MUTTON A LA VENISON.

1 tablespoon salt,	1 tablespoon made mustard,
1 tablespoon celery salt,	1 tablespoon brown sugar,
1 tablespoon pepper,	1 tablespoon allspice,
1 tablespoon sweet herbs mixed and powdered.	

Remove all rough fat from a leg of mutton, lay in a deep earthen dish, and rub into the meat very thoroughly the spices and herbs thoroughly mixed. After these have been rubbed into all parts of the meat, pour over it slowly a teacup of good vinegar, cover tightly and set in a cool place for 4 or 5 days, turning the ham, and basting it with liquid 3 or 4 times a day. To cook put a quart of boiling water into a clean kettle, place the ham just as taken from the pickle, upon a rack or inverted tin pan in the kettle and do not let the water touch the meat. Add a cup of hot water to the pickle, and baste the ham with it. When cooked, thicken the gravy with flour, strain, and serve it with the meat and currant jelly.

PORK.

Pork should be eaten sparingly except in very cold weather, and it always requires thorough cooking. The roasting pieces are the shoulder, sparerib, leg and loin, and few need to be introduced to a little roast pig, whose toothsome qualities Charles Lamb has so quaintly and wittily described.

BACON.

Remove the rind, cut in slices 4 inches long and a quarter of an

inch thick, lay in a hot spider and fry until nicely browned on both sides.

PORK AND BEANS.

Pick over carefully a quart of beans and let them soak all night ; in the morning wash and drain in another water, boil in cold water 30 minutes; when done the skin of a bean will crack if taken out and blown upon ; drain, and pour in an earthen pot. Put in the center half or three-fourths of a pound of well-washed salt pork with the rind scored in slices or squares, and uppermost ; season with salt, cover with hot water, and bake 12 hours or longer in a moderate oven, adding hot water as needed ; they can not be baked too long. Keep covered so that they will not burn on the top, but remove the cover an hour or two before serving, to brown the top and crisp the pork. It is allowed to remain in the oven all night, and browned in the morning. . Serve them in the dish in which they are cooked, and have enough left to know the luxury of cold beans, or baked beans warmed over. If salt pork is too robust for the appetites to be served, season delicately with salt, pepper, and a little butter, and roast a fresh sparerib to serve with them. A tablespoon of molasses may be added to give the required color. Serve with Boston brown bread, or a bread made of rye and Indian meal.

PORK CHOPS AND STEAKS.

These are cut from the rib, the loin or the leg, and may be broiled or fried. Rib chops are best for broiling and should be neatly trimmed. Broil over a clear fire till well done, lay on a plate and dust with salt and pepper. To fry chops : Heat the spider, and butter it, lay in the chops or steaks, after salting and dipping either in flour, or eggs and bread crumbs. Cover and cook 15 minutes over a bright fire. Turn the meat and draw the spider back from the strong heat, and cook slowly 30 or 40 minutes longer. If there is a large amount of fat in the pan pour off part of it. If the flavor of sage is liked, dust a little over the meat when setting it back for slower cooking. Leave a little fat in the spider, thicken with flour, add a little milk or water and let it boil. Put the gravy into a boat and serve with cabbage salad or currant jelly.

FRICATELLI.

Chop raw fresh pork very fine, add a little salt, plenty of pepper. 2 small onions chopped fine, half as much bread as there is meat. soaked until soft, and 2 eggs ; mix well together, make into oblong patties, and fry like oysters. These are nice for breakfast ; if used for supper, serve with sliced lemon.

SALT PORK FRIED.

Cut in thin slices, and freshen by letting it lie an hour or two in cold water, or milk and water, roll in flour and fry till crisp; if in a hurry, pour boiling water on the slices, let stand a few minutes, drain, roll in flour and fry as before ; drain off most of the fat from the pan, stir in while hot one or two tablespoons flour, about half a pint new milk, a little pepper, and salt if needed ; let boil and pour into a gravy dish.

HAM BOILED.

If the ham is very dry or salt, soak in cold water for several hours or over night, otherwise cover it with boiling water and when cool enough wash and scrape clean ; put it in a large kettle or boiler, cover with cold water and let simmer gently from 4 to 8 hours, allowing 20 minutes to the pound. It is done when the small bone can be drawn out easily. When sufficiently cool draw off the skin, place the lean side downward, dot the fat with whole cloves, dust with fine bread crumbs and brown in a moderate oven. If very fat let the ham remain there from 1 to 2 hours as it draws out the fat. Or, brush the ham with the white of an egg and cover with a mixture of bread crumbs, pepper and sugar, or cover with a cake icing, and brown ; or, quarter 2 onions, stick whole allspice and black pepper in the quarters, with a knife make slits in the outside of the ham in which put the onions, place in a dripping pan, lay parsley around, and bake till nicely browned. Or, after boiling and peeling, dust with sugar, and pass a hot knife over it until it forms a caramel glaze, and serve without baking. Another way is to glaze when cool with strong meat jelly or any savory jelly at hand, boiled down rapidly without burning until it is like glue. The nicest portion of a boiled ham may be served in slices, and the ragged parts, and odds and ends chopped fine for sandwiches, or omelets. Serve with currant jelly.

BONED HAM.

Having soaked a well-cured ham in tepid water over night, boil it perfectly tender, putting it on in warm water; take up in a wooden tray, cool, remove the bone carefully, press the ham again into shape, return to the boiling liquor, take the pot from the fire, and let the ham remain in it till cold. Cut across and serve cold.

HAM BROILED.

If possible use slices cut from a ham previously boiled. Heat the broiler, lay on slices half an inch thick, turn often until they are well browned. Serve at once. Or, cut the ham in thin slices, trim off most of the fat, place on a hot gridiron, and broil until the fat readily flows out and the meat is slightly browned; take from the gridiron with a knife and fork, drop into a pan of cold water, return again to the gridiron, and repeat the process until the ham is done; place on a hot platter, add a few lumps of butter, and serve at once. Pickled pork and breakfast bacon may be broiled in the same way.

HAM FRIED.

It is more wholesome to fry ham that has been previously boiled. There is never any doubt as to its being thoroughly cooked, and the taste is more delicate. Heat the frying pan, lay in the slices of ham, turn to prevent burning, and serve when the fat has a transparent appearance. Or, place slices of raw ham in boiling water and cook till tender, brown in a frying pan and lay on a platter. Fry some eggs, dip the fat over them to avoid turning, take them up carefully and lay them on the slices of ham.

COLD HAM.

Make a sauce by melting a half glass of currant jelly, a teaspoon of butter, and a little pepper. When hot lay in a few thin slices of ham and let it boil 1 minute. Serve hot. Or, make a nice brown sauce by boiling up the scraps of ham in a stewpan with a little water. Add half a cup of thick cream to the strained liquor and thicken with browned flour rubbed smooth with a piece of butter. Boil up slices of ham in this sauce and serve with browned potatoes, or potato cakes, and toasted rye bread well buttered.

HAM PORCUPINE.

When a ham has been nicely boiled and peeled, stick all over with cloves and serve whole.

A LITTLE PIG ROASTED.

Take a pig from 4 to 6 weeks old, and see that it is well cleaned, and washed. Make a dressing of bread crumbs, butter, salt, pepper, sage, and an egg; an onion chopped fine may be added if the flavor is liked. Fill the pig, sew it up, and place it on its knees, or with the front legs forward, rub with butter, salt and flour, put into a pan in a moderate oven with a little boiling water. Put a clean piece of wood between the jaws to keep them a little apart. At first it must bake very slowly, but the heat may be increased later. Baste often, particularly at the last. In about 3 hours take from the oven, remove the wood from the mouth, and substitute a corn cob, a small red apple, or a cucumber pickle. Serve with apple sauce. Or, make a dressing of 2 quarts of corn meal salted as if for bread, and mix to a stiff bread with boiling water; bake in breadpans. After this is baked brown, break it up, and add to it one-fourth pound of butter, pepper to taste, and thyme. Fill the pig till plump, sew it up, and place it on its knees in the pan, which fill with as much water as will cook it. Baste it very frequently with the gravy. Serve immediately when done. A cabbage salad should be served with it.

PORK ROASTED.

1 loin of pork,	$\frac{1}{2}$ teaspoon fine sage,
1 onion,	$\frac{1}{2}$ teaspoon salt,
2 tablespoons butter,	$\frac{1}{2}$ teaspoon pepper,
3 tablespoons bread crumbs.	

Separate each joint of the loin with the chopper, and make an incision with a knife in the thick part of the pork. Prepare a dressing by mixing the bread crumbs, the onion, finely chopped, the sage, pepper, salt and butter; when all is thoroughly mixed, press the dressing into the incision in the pork, and sew the edges together. Butter well a sheet of paper, wrap the loin in this, securing it with twine. Bake in a dry baking pan, in a brisk oven, basting immediately and constantly as the grease draws out, and roast thoroughly, allowing 20 minutes to the pound and 20 minutes longer. Serve with apple sauce or apple fritters. Or, leave

the skin on the loin, score it in small squares to make the old-fashioned "cracklin." Salt, and dust with powdered sage. Bake in a moderate oven, with a little boiling water in the pan, and baste frequently. Serve with apple sauce, cabbage salad, or pickled peaches.

SAUSAGES.

Grease the spider, and when hot lay in it the meat made in little flat cakes and dusted with flour. Cover the pan and cook slowly. Turn them often to brown them, and to avoid burning. They should be done in 30 or 45 minutes. Or, bake in a pan in the oven just as for frying. Apple in some form should be served with sausages.

SPARERIB ROAST.

Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper; fold over, stuff with turkey dressing, sew up tightly, place in the dripping pan with a pint of water and baste frequently, turning it over once that both sides may be equally browned.

TENDERLOINS.

Split the tenderloins, dust them with salt, pepper, and flour, and lay in a hot buttered spider. Turn them often, and if there is not fat enough in the tenderloins to cook them nicely add more butter. When done, dredge flour into the spider, and as it bubbles pour in a little milk or water. Boil up and pour around the tenderloins. Serve with cranberry sauce or any sour jelly.

POULTRY.

In choosing fowls select those with smooth legs and moist feet, unless an old bird is desired. The skin should be tender, and the breast bone should yield easily to pressure. Young ducks are tender under the wing, have a firm, thick breast, and transparent feet. The skin of a young goose is tender, the breast plump, the bill and feet yellow. A "green goose" is four months old. An old duck or goose is worthless for eating.

Never purchase fowls which have lain without being dressed, since the entrails give a sour, foul taste to the bird, and the giblets are often spoiled from that cause. If dressed birds cannot be

found, buy live ones and have them properly prepared. The Humane Society advise cutting the large vein in the throat with a sharp pointed knife as the best method of killing poultry. Then hang up the bird until the blood ceases to drop, as thorough bleeding renders the meat more wholesome. It may be dry-picked or scalded. In either case avoid breaking the skin while plucking the bird. In scalding, dip the fowl in and out of a boiler or kettle of boiling water, being careful not to scald enough to set instead of loosen the feathers; place it on a board with the head towards the worker, pull the feathers in the direction they naturally lie, and remove all the pinfeathers with a knife or pair of tweezers; singe, but not smoke, over blazing paper, place on a meat board, and with a sharp knife cut off the legs a little below the knee, to prevent the muscles from shrinking away from the joint, and remove the oil bag above the tail; slit the skin at the back of the neck and cut off the bone close to the shoulders, leaving a good length of skin to fasten down later. Draw down the skin in front and remove the crop and windpipe; cut around the vent, only through the skin, and slip the knife up toward the breastbone, put in the finger and draw out all the entrails, taking care not to break the gall, as no washing can remove the bitter taint left on every spot it touches. Wipe carefully with a wet, and a dry cloth, and it is ready for use. Cut the liver from the gall bladder, trim off the corded edge of the heart, press out the clotted blood, cut and draw off the outer covering of the gizzard carefully, that the sand bag may be thrown away whole, and wash all the giblets thoroughly.

To prepare for roasting: Make a dressing, rub the inside of the fowl with salt, and stuff the breast through the neck, then the body, and sew up both openings with strong, soft thread, or the skin of the neck may be fastened on the back with a tiny skewer. Press up the legs close to the body and skewer or tie them carefully, letting the twine pass around the ends of the legs under and around the tail. Double the wings and fasten them close to the body with a string, or run a skewer through them. It is convenient for a busy housekeeper to have the fowl stuffed and trussed the day before using, and the bird has a better flavor.

To cut up a chicken: Cut off the feet a little below the first joint, and the wings and legs at the joint which unites them to the body, separating the first from the second joints of the leg; then with the left hand hold the breast of the chicken, bend back the rump until the joint in the back separates, when cut it clean through. Cut this part in two by running a sharp knife through the backbone; separate the back and the breast, and commence at the high part of the breast and cut down toward the neck, taking off the part of the breast with the wishbone. Cut off the end of the breastbone, and split the remainder through the middle. Divide the rib piece of the backbone, and the chicken will then be cut into fourteen pieces. Or it may be left in fewer pieces by omitting to split the upper and lower halves of the back, or to take the end from the breastbone before splitting it.

Young chickens should be split with a sharp knife through the back, pressed apart, and cut down through the breast if desired. In broiling chickens the danger of under cooking or burning is avoided by breaking the breastbone slightly with a rolling-pin.

Poultry should be kept in a cold place, but freezing destroys the flavor. Wrap in a cloth to keep moist, hang or lay the bird breast downward on the shelf, and if there is danger of its spoiling, parboil after cleaning it. Poultry improves by keeping several days. The garnishes for turkey and chicken are fried oysters, forcemeat balls, slices of lemon, parsley, and celery tufts.

CHICKENS BAKED.

Dress the chickens and cut them in two, wipe perfectly dry and put in a dripping pan, bone side down, without any water; have a hot oven, and, if the chickens are young, half an hour's cooking will be sufficient. Take out and season with butter, salt and pepper; pack one above another as closely as possible, and place in a pan over boiling water, covering them closely. Or, cut the chickens into 9 pieces and wipe with a wet and a dry cloth. Put 2 tablespoons butter into a dripping pan, half a pint hot water, lay in the pieces, place in the oven and bake half an hour; turn when a light brown, and add salt and pepper; when done take out in a dish and keep hot. Set the dripping pan on the stove, add half a pint boiling water, and 1 tablespoon flour mixed with half a cup cream.

Cook thoroughly, stir constantly to prevent burning and to make the gravy smooth. Or, the chicken may be split down the back, spread open, and held in shape with a skewer passing across through the wings, and laid in a covered dripping pan or patent baker with 3 tablespoons butter; sprinkle with salt and pepper. When half done turn the chicken. It will require an hour's baking, and should be a golden brown when done. Spread with butter, serve on a hot platter garnished with parsley.

CHICKEN BAKED WITH PARSNIPS.

Wash, scrape, and quarter some parsnips, and parboil 20 minutes; prepare a young chicken by splitting down the back, place it in a dripping pan, skin side up, lay the parsnips around the chicken, sprinkle with salt and pepper, and add a lump of butter the size of an egg, or 2 or 3 slices pickled pork; put enough water in the pan to prevent burning, place in the oven and bake until the chicken and parsnips are a delicate brown; garnish the chicken with the parsnips and celery. Add a little flour to the pan gravy, a cup of cream, cook till it thickens and serve in a boat.

CHICKEN BOILED.

Prepare as for roasting, using an onion dressing if liked, and put into a saucepan with cold water to cover. Cover closely and cook slowly from 1½ to 3 hours according to the age and toughness of the fowl. When tender put in a warm place, take 1 pint of the liquor and thicken with 1 tablespoon flour rubbed smooth with 2 tablespoons butter. Remove from the fire and add the yolks of 2 eggs, beaten with 2 tablespoons cream. Stir well and drop in a little lemon juice. Serve the chicken with a border of rice or mashed potato.

CHICKEN BREADED.

Cut a tender chicken into pieces as for frying, roll in the beaten yolks of 2 eggs, and finely-grated bread crumbs; season with chopped parsley, pepper and salt; place in the dripping pan, dot with bits of butter, add a little water, bake slowly, basting often. When done, take out the chicken and make a gravy by adding flour smoothed with butter, and either cream or milk to make a sufficient quantity. Season to taste. After preparing in this manner it may be fried in equal parts of lard and butter.

CHICKEN BROILED.

Split the chicken down the back, lay it on a hot gridiron with the bone side down, cover, and place over wood coals. Broil two-thirds of the time with the bone next the fire, then turn and brown nicely. Baste with melted butter while cooking, to prevent the drying of the meat, but avoid scorching it. Unless it is a large chicken it will cook in half an hour. Serve with melted butter, pepper and salt, and garnish with parsley.

CHICKEN IN CREAM.

Select a plump, young chicken; clean it nicely and divide into pieces. Roll or dredge it in flour and fry to a golden brown in mixed butter and lard. Arrange neatly on a dish and pour over it a sauce made of a cup of cream brought to the boiling point, into which are stirred when taken from the fire the beaten yolks of 2 eggs, salt and pepper and a few drops of lemon juice. Garnish with parsley, and serve at once.

CHICKEN FRICASSEE—1.

Cut the chicken into pieces, and boil it slowly until tender in sufficient water to cover it, then drain and fry it brown in plenty of nice butter. Remove it to a dish, thicken the butter with flour, and add the liquor in the kettle, making a rich gravy. Lay small slices of toasted bread in the dish with the chicken and pour the gravy over all, after seasoning it.

CHICKEN FRICASSEE—2.

Cut up an old fowl, cover with cold water and cook slowly until tender with half a pound of salt pork, and slices of onion if liked. Remove the chicken, mix some flour smoothly with a cup of milk, stir into the gravy, adding salt, pepper, and a little chopped parsley. Pour over the chicken and serve. Or, put the chicken into a saucepan with barely enough water to cover and stew gently until tender; have a hot frying pan with a few slices of salt pork, drain the chicken and fry a rich brown; take the chicken and bits of pork from the pan, pour in the broth, thicken with flour mixed smooth with a little water, and season with cayenne pepper; put the chicken and pork back into the gravy, let simmer a few minutes, take off, stir in 2 well-beaten eggs and serve very hot.

CHICKEN FRIED.

Put equal quantities of butter and lard in a hot frying pan. If the chicken has been previously cooked it will need no more salt. Dredge with flour, and fry a nice brown on each side. Make a gravy by putting 2 tablespoons flour into the hot fat and stirring until brown; then add 1 pint sweet milk or cream, with salt and pepper. Serve in a gravy boat. Or, have slices of salt pork browned in the frying pan. Take out, and lay the chicken, dredged with flour and salt or rolled in egg and bread crumbs, into the hot fat. Fry slowly, and turn frequently to prevent burning. Stir 2 tablespoons flour into the gravy and add half a cup of coffee with 2 tablespoons sweet cream. Bring to a boil and serve.

FRIED GUMBO.

Cut up 2 young chickens, and fry in a skillet; when brown but not scorched, put into a pot with 1 quart finely-chopped okra, 4 large tomatoes, and 2 onions chopped fine; cover with boiling water, boil very slowly, and keep the kettle tightly closed; add boiling water as it wastes, and simmer slowly 3 hours; season with salt, pepper, and a little butter and flour rubbed together; serve with boiled rice. Garnish with slices of lemon.

CHICKEN JELLIED—1.

Boil 2 fowls until the meat will slip easily from the bones; let the water be reduced to about 1 pint in boiling; remove all gristle, skin, fat and bones; place the meat in a wet mould; skim the fat from the liquor; add pepper and salt, lemon juice, and one-half ounce of Nelson's or Cox's gelatine dissolved in water. Boil and pour it hot over the chicken. The liquor must be seasoned pretty highly, for the chicken absorbs it. Set away to cool. When served garnish with slices of hard-boiled eggs and parsley, or slices of lemon and celery tops.

CHICKEN JELLIED—2.

Boil a chicken in as little water as possible, until the meat falls from the bones; chop rather fine, and season with pepper and salt. Rinse a mould in cold water and place on the bottom slices of hard-boiled eggs, then a layer of chicken, then layers of eggs and meat alternately until the mould is nearly full. Boil down the liquor to 1 cup, season with salt and pepper, and pour over the meat.

Set in a cool place over night, turn out, garnish with celery and serve with a salad. Or, when the liquor is ready to pour over the chicken, cool a little, take out half a cup, and add an equal quantity of nice salad dressing. Fill the mould with this mixed with the chicken. When cold, serve garnished with celery, and accompanied with a salad. Veal may be used instead of chicken.

CHICKEN PICKLED.

Boil 4 chickens till tender enough for the meat to fall from the bones. Remove the skin, bones, gristle and fat, put in a stone jar, and pour over it 3 pints cold vinegar, and $1\frac{1}{2}$ pints of the water in which the chickens were boiled; add salt, pepper and spices; use in 2 days.

CHICKEN PRESSED.

Cut up the fowls and place in a kettle with a tight cover, so as to retain the steam; put 2 cups of water on the chicken, and cook until the meat cleaves easily from the bones; remove the bones, skin, gristle and fat, cut or chop the meat, white and dark separately, as for chicken salad; season well, put into a mould in layers and pour the juice in which it was cooked over it. Cover and lay on a heavy weight. Many chop all the meat together, add 1 pounded cracker to the broth, and mix all thoroughly before putting in the mould; either way is nice. Boned turkey may be prepared in the same way, slicing instead of chopping. Cut in slices, and serve garnished with celery leaves or slices of lemon.

CHICKEN PIE.

Prepare 2 chickens according to directions. Cut up and stew in a very little water till tender. Line a deep baking dish with good pastry, one-quarter inch thick, suet paste, or a rich baking powder dough. Glaze the latter with the white of an egg, or cut out a small round from the center, if pastry is used, to prevent the soaking of the crust. Put the chicken into the dish, slipping off the meat from the rib portions; sprinkle with salt, pepper and flour; drop in bits of butter, and when nearly full pour in 1 cup of broth and lay on the crust, with a small round cut out of the center. Ornament the opening with a braid of the paste and bake 1 hour in a moderate oven.

CHICKEN PIE WITH OYSTERS.

Stew a year old chicken until tender; drain off liquor from a quart of oysters, boil and skim it, line the sides of a deep dish with a rich crust, put in alternate layers of chicken and raw oysters until the dish is filled, seasoning each layer with pepper, salt, and bits of butter, and dusting with flour; add the oyster liquor and a part of the chicken broth until the liquid is even with the top layer. Cover loosely with a crust having an opening in the center to allow the steam to escape. If the liquor cooks away, add more broth. Bake 40 minutes in a moderate oven.

CHICKEN ROASTED.

Select young, plump and full-grown chickens. Clean them as directed. Make a dressing and fill the whole body or the breast alone. In the latter case put a large lump of butter into the body. Push the legs up under the skin, and run a skewer through them and the body. Press the wings against the sides and skewer them, or tie wings and legs firmly to the body, and sew up the openings with thread. Put butter or slices of pork in the dripping pan, lay the chickens on them, breasts down, first rubbing them with butter. If the pan is not tightly covered add when they begin to brown a cup of hot water. Baste every 10 minutes, and allow from 15 to 20 minutes to the pound in baking. Turn in half an hour, and at the last basting dredge with a little flour. When done the flesh should feel firm under pressure. Avoid pricking with a fork, and have a golden brown color. Remove the threads, strings or skewers before serving. Put the giblets in hot water and stew while the chickens are roasting, pour off the water, chop the giblets fine, and add with 2 tablespoons flour to the gravy of the roasted chickens. Add 1 cup boiling water, a little salt, and when it thickens serve in a boat. Or, the pan gravy may be used alone. Capons are roasted in the same way, and present an attractive appearance served on a bed of water-cresses.

CHICKEN STEAMED.

Rub the chicken on the inside with pepper and half a teaspoon of salt, wrap in a white cloth, place in a steamer as near the water as possible, cover, and steam $1\frac{1}{2}$ hours. Serve with a cream sauce or a gravy. The dressing is made as follows: Boil 1 pint of

liquor from the kettle without the fat, add cayenne pepper and half a teaspoon salt; stir 3 tablespoons flour into 1 cup cream until smooth, and mix with the gravy. Add celery salt or nutmeg, with lemon juice. Garnish with curled parsley, hard-boiled eggs, or celery and slices of lemon.

CHICKEN STEW WITH DUMPLINGS.

Cut up the chicken and stew slowly in as little water as possible with a small piece of salt pork. A young bird will cook in less than an hour, an old one will take from 2 to 4 hours. About 20 minutes before serving, freshen the fire, add salt and a little water to the stew, and drop in dumplings made from biscuit dough. Cover tightly, watch that the gravy does not burn, and serve the chicken on a platter with the dumplings around it, and the gravy poured over all.

A chicken pot-pie is made the same way, but the dough is rolled in shape to fit over the chicken in the kettle, and not dropped in in balls. Cut a large slit in the pie cover before laying in the kettle.

DUCK ROASTED.

It is essential that the ducks be tender; if it is doubtful do not use at all, or stew them. Prepare as directed for fowls, and make a dressing in which onion and sage are used. Roast like chickens allowing 1 hour if the ducks are large ones. Serve with giblet or pan gravy, currant jelly or cranberries, and green peas.

DUCK STEWED.

This is the only way it is possible to eat an old duck. After cleaning and washing, cut it up and put in a saucepan with just enough cold water to cover it. Have a tight-fitting cover, and heat gradually. Simmer slowly 2 or 3 hours with a little ham, a chopped onion, parsley and sage. When tender serve on slices of toast, over which is poured the gravy thickened with flour and seasoned with salt, pepper and lemon juice.

GOOSE ROASTED.

A goose must be young and tender, and a "green goose" is the perfection of this fowl. Clean according to directions, and use chicken or duck dressing, or make one as follows: Boil an equal number of apples and onions with a little sage; put through a coarse sieve, season with pepper and salt, and make of the right

consistency with mashed potato. Stuff and truss the goose, rub with butter, dust with salt, and lay in a dripping pan on slices of salt pork, or put in a lump of butter, and 1 cup boiling water. Baste frequently; have the oven, after the first 15 minutes, of a moderate heat, and bake from $1\frac{1}{2}$ to 3 hours, according to the size of the bird. Make a giblet gravy and serve with apple sauce.

GUINEA FOWL.

A young fowl is nice eating and when well cooked is similar to pheasant or partridge. Select one which is tender under the wings, whose breastbone bends on pressure, and has legs smooth and of a pale yellow tinge. Broil or roast like chickens, and serve with a salad.

PIGEON BROILED.

Prepare according to directions. Split down the back, lay on a very hot buttered gridiron, with the bone side toward the coals. Baste with butter, keep covered, turn a few minutes before it is done, then take off and lay on buttered toast. Dust with salt and pepper, add butter, pour on the juice which escaped while broiling, garnish with parsley, and serve. Time for broiling, 15 minutes.

PIGEON PIE.

Clean and truss tame pigeons, stuff as chicken, sew up the openings, rub with butter and lay in a deep earthen pan, buttered and having the sides lined with a good thick paste. Allow $1\frac{1}{2}$ ounces butter to a pigeon, cut in bits and put over them; sprinkle with salt, pepper, finely-chopped parsley, 1 tablespoon flour, and add 1 cup or more water. Cover with thick, rich paste, cut out a small round from the center, lay a braid of pastry around it, put into a moderate oven and bake from 1 to $1\frac{1}{2}$ hours. The pigeons may be halved or quartered. Serve with currant jelly.

PIGEONS ROASTED.

Clean and stuff the pigeons as for roast chickens. Rub them with butter, sprinkle with salt, and lay on slices of salt pork in a dripping pan, with a little hot water. Butter may be used instead of pork. Bake 30 minutes in a hot oven, basting frequently, and turning that they may be browned. Serve on a bed of water-cresses, with pan or giblet gravy, and cranberries or currant jelly.

TURKEY BOILED.

Wash the turkey thoroughly, wipe dry and rub salt through it; fill with a dressing of bread and butter, moistened with milk and oyster juice, seasoned with salt and pepper, and a pint of raw oysters cut in pieces; tie the legs and wings close to the body, place in salted boiling water with the breast downward, skim often, boil slowly, allowing 20 minutes to the pound; serve with oyster sauce. It is an old-fashioned custom to serve a ham or smoked tongue along with a boiled turkey. The broth from the turkey makes an excellent soup boiled with rice and seasoned.

TURKEY BONED.

With a sharp knife slit the skin down the back, and raising one side at a time with the fingers, separate the flesh from the bones, until the wings and legs are reached. Unjoint these from the body, and cutting through to the bone, turn back the flesh and remove the bones; the flesh may be re-shaped by stuffing. Stuff with forcemeat, made of cold lamb or veal and a little pork, chopped fine and seasoned with salt, pepper, sage or savory, and the juice of 1 lemon; sew into shape, and press the wings and legs close to the body, and tie all firmly so that the upper surface may be plump and smooth for the carver. Lard with 3 rows on the top, and bake until thoroughly done, basting often with salt and water, and a little butter. Carve across in slices and serve with tomato sauce. Or, when boned and stuffed, roll tight in a strong, clean cloth, tie with tape in the centre and near the ends, firmly with strong twine to make the roll compact and perfectly secure; place in a rich stock, previously prepared by putting the bones in cold water with some herbs, an onion peeled and stuck with ten cloves, a sliced carrot and turnip, boiling and skimming until clear. Boil 4 or 5 hours, take up the turkey, wash the cloth, wrap up the turkey and place between 2 platters under a heavy weight till the morning. Then strain the stock, remove the fat, and set over the fire; add 2 ounces gelatine dissolved in cold water, and strain through flannel until perfectly clear; pour it into 2 shallow moulds, coloring one dark brown with caramel; place the turkey on a dish and garnish with the jelly cut in fanciful

shapes; or put the turkey in a dish, pour the jelly over it, and serve when cold garnished with celery, parsley or cresses.

TURKEY ROASTED.

Select a fat young turkey—a hen turkey is smaller-boned and more delicately flavored than a gobbler—and it should be killed at least 2 days before using. Clean and prepare according to directions. It may be stuffed with a dressing made from stale bread crumbs, half a cup of butter, 1 egg, salt, pepper and sage to taste, moistened with a little hot water, or an oyster dressing made as follows: Remove the crusts from a loaf of stale bread and moisten them with hot water, pouring it off as soon as soft. Chop the remainder of the loaf, add 4 tablespoons melted butter, or twice that quantity if very rich dressing is desired, and 1 teaspoon each of pepper and salt. Drain off the liquor from 1 quart or 1 pint of oysters, bring it to a boil, skim and pour it over the bread crumbs, and add the soaked crusts. Beat in 3 eggs. Mix all well together with the hands, and, if rather dry, add a little sweet milk. Put a spoonful of the stuffing into the turkey, then 3 or 4 oysters—being careful not to break them. Continue adding stuffing and oysters until the turkey is filled. Or, fill with a chestnut dressing like this: Boil or roast the chestnuts, remove the shells, the brown skin, and mash them. Mix with sweet cream, add a little butter, and season with pepper and salt. Fill the turkey, but do not crowd in the dressing. Sew up the openings, and tie or skewer the legs and wings; rub with salt, butter and flour. Roast in a patent baker, or cover tightly the dripping pan with another pan. Place in a moderate oven, lay bits of butter on the bird, and put half a cup of water into the pan; baste once in 10 minutes, and turn the turkey occasionally to expose all parts to the heat; it should be moist and tender, and a golden brown all over when done. Watch carefully that the fire is not hot enough to burn nor cool enough to dry the bird. Allow 15 minutes to the pound for large turkeys, and 10 minutes for smaller ones. When two-thirds baked, dust a little flour on the breast and sides of the turkey and take care not to wash off the flour by basting; give it time to brown, and then baste but do not take out of the oven until thoroughly browned. If it is necessary to turn the turkey in the pan, use a

towel, never a fork, as the juice will escape. In roasting a large turkey, 1 cup is a liberal allowance of butter, but less may be used, according to taste or necessity. When done the entire surface will be a rich, fluffy, brown crust. Cook the giblets in water while the turkey is roasting, then chop them very fine and add with a thin flour paste to the pan gravy; season with salt and pepper, add more water if needed, scrape the pan free from the rich particles that adhere to it, boil 5 minutes and serve. If the pan gravy is very fat, pour it off before adding the flour and water. Serve with cranberries and celery.

ENGLISH ROAST TURKEY.

Choose a turkey weighing from 8 to 10 pounds, kill it several days before cooking, prepare in the usual manner, stuff with bread crumbs rubbed fine, moisten with butter and 2 eggs, and season with salt, pepper, parsley, sage, thyme or sweet marjoram; sew up, skewer, and place to roast on a rack within a dripping pan; spread with bits of butter, turn and baste frequently with butter, pepper, salt and water; a few minutes before it is done glaze with the white of an egg; if it becomes too brown, cover with buttered paper. Dish the turkey, pour off most of the fat, add the chopped giblets, thicken with flour and butter rubbed together, stir well, boil thoroughly, and serve in a gravy boat. Garnish with fried oysters, and serve with celery sauce and stewed gooseberries.

VEAL.

Veal should be of firm texture, of a pinkish color and not under six weeks old. It is best from ten to fourteen weeks, but it is sometimes found on the market much older. All young meat should be kept but a short time even in cold weather, and must be cooked slowly and thoroughly.

VEAL CUTLETS FRIED.

Fry slices of salt pork until crisp. Take out, and put into the spider the cutlets dipped in egg and cracker crumbs, or flour. A large quantity of fat is needed, and if salt pork is not convenient take equal parts of butter and lard. Salt the cutlets, cover and fry slowly 20 minutes before turning. Leave off the cover and when well browned take up and serve. Make a gravy with flour

and milk in the spider, and serve it in a boat. Or, trim the cutlets neatly, pound well, squeeze lemon juice over them, let stand an hour, dip in beaten egg and bread crumbs seasoned with pepper and salt, put in a wire basket and plunge into boiling lard. The cutlets will be brown before they are cooked, which will require 15 minutes, and the pan should be drawn aside to a cooler place to finish more slowly. Or, make a batter of half a pint of milk, a well-beaten egg, and flour; fry the veal brown in sweet lard or beef drippings, dip it in the batter and fry again till brown; drop spoonfuls of batter in the hot lard after the veal is taken up, and serve them on the meat; put a little flour paste in the gravy with salt and pepper, let it come to a boil, and pour it over the whole. The veal should be cut thin, pounded, and cooked nearly an hour. Cracker crumbs and egg may be used instead of batter, but the skillet should then be kept covered, and the veal cooked slowly for half an hour over a moderate fire.

CALF'S HEAD.

Clean well a calf's head. Remove the tongue and save separately with the brains. Wash well and soak an hour. Boil the head, heart and any small pieces of veal in cold water. As it comes near the boiling point, skim well, and when nearly done add the liver which has been previously scalded. Cook till tender and take up the whole carefully into a very large pan. Remove the skin, take out the bones and any gristle or hard pieces, mincing the flesh with a knife. Boil the brains 10 minutes, and add to the mass, with salt and pepper to taste. Three well-rolled crackers, or more, may be added if one does not care for so rich a meat. Wet until quite moist with the water in which it was boiled. Put into a well-buttered deep tin, and bake 15 minutes in a slow oven. Place in a cooler and serve in slices as pressed meat. Or, instead of mincing, the meat may be removed in pieces, the liver and heart sliced, laid in a figure on a platter, and garnished with parsley and sliced lemon. The brains may be boiled 10 minutes and added to a brown sauce. It is well to add a part of the salt 5 minutes before the boiling is over. French mustard should be served with calf's head in whatever form it comes to the table.

KIDNEYS.

Many epicures are fond of kidneys, and they are cheap food, but it is better not to cultivate a liking for them, as eminent physicians have decided that they, as excretory organs in the animal system, are very liable to become poisonous as well as poison carriers. However, an old recipe is given below, with the caution to soak the kidneys in salt and water at least 4 hours before cooking.

KIDNEY STEWED.

Soak the kidneys in salt and water 4 or 5 hours, and boil the night before using, till very tender; turn the meat and gravy into a dish and cover. In the morning, boil for a few moments, thicken with flour and water, add part of an onion chopped very fine, pepper, salt, and a lump of butter, and pour over toasted bread well buttered.

LIVER BROILED.

Cut the liver in thin slices, pour boiling water over it, and after 5 minutes wipe dry and broil over hot coals till it looks mealy when gashed. While broiling, fry slices of salt pork to a crisp, do not burn it, and make a gravy by cooking flour in the fat and adding water. Trim off the edges of the liver, and cut it and the pork into dice and serve in the gravy, salting to taste. Serve with baked potatoes and tomatoes.

LIVER FRIED.

Soak 10 minutes in boiling water. Wipe dry, and cut in thin slices. Fry in lard or nice drippings until well done. Or, the slices may be rolled in cracker crumbs before frying, and a brown gravy poured over them. Serve with potatoes fried brown, or small baked potatoes, and cranberry sauce. Lemons cut in half may also be served on a fancy plate.

LIVER AND BACON.

Cut the liver in thick slices, pour boiling water over them, and let stand 10 minutes. Drain and dip in flour. Have a hot spider in which thin slices of bacon are cooking, lay in the liver, and fry a few minutes on each side. When nicely browned, pour in a little boiling water, cover tightly and let simmer slowly half an hour.

Take out the liver and bacon, thicken the gravy with a little flour, add salt, let it boil up and pour over the meat.

VEAL LOAF.

3 pounds minced veal,	$\frac{1}{2}$ cup stock,
1 pound minced salt pork,	Salt and pepper,
1 cup fine cracker crumbs,	2 beaten eggs.

Mix all the ingredients together, using brown gravy or water if there is no stock. Shape into a firm loaf with the hands and lay in a well-greased pan. Glaze with the white of an egg, dust with cracker crumbs after it has baked 45 minutes in a moderate oven. Bake 15 minutes longer and take carefully from the pan. A little tomato catsup mixed with the stock is an improvement.

VEAL WITH OYSTERS.

Fry 2 pounds of tender veal cut in thin bits, and dredged with flour, in sufficient hot lard to prevent sticking; when nearly done add $1\frac{1}{2}$ pints of fine oysters, thicken with flour, season with salt and pepper, and cook until done. Serve hot in a covered dish.

VEAL POT-PIE.

Put 2 or 3 pounds of veal, a rib piece is good, cut in 12 pieces, in a quart of cold water; make a quart of soda biscuit dough, take two-thirds of the dough, roll out one-fourth of an inch thick, cut in strips 1 inch wide by 3 long; pare and slice 6 potatoes; boil the veal till tender, take out all but 3 or 4 pieces, put in 2 handfuls of potatoes and several strips of dough; then add pieces of veal and dough, seasoning with salt, pepper, and a little butter, until all the veal is in the pot; cover with boiling water, take the rest of the dough, roll out the size of the pot, cut several holes to let the steam escape, and place over the whole. Put on a tight lid and boil gently 20 or 30 minutes without uncovering.

FILLET OF VEAL ROASTED.

Remove the bone and fill the space with a nice dressing. Fasten it together with skewers and wrap well with string. Rub it with butter, salt and flour. Put into a pan in which is a little boiling water and butter, and bake. Let the fire be very hot at first, but at the end of 30 minutes only moderate heat will be needed. Baste often, and allow 20 minutes to the pound. When done take out the roast, add a little lemon juice, pepper, salt, and flour to

make a smooth, thick gravy. Strain and serve in a boat. Serve with peas or tomatoes.

LOIN OF VEAL ROASTED.

Wash and rub thoroughly with salt and pepper, leaving in the kidney, around which put plenty of salt; roll and let stand 2 hours; make a dressing of bread crumbs, salt, pepper, and chopped parsley or thyme moistened with a little hot water, butter or chopped salt pork, and an egg. Unroll the veal, put the dressing well around the kidney, fold, and secure well with several yards white cotton twine, covering the meat in all directions; place in the dripping pan with the thick side down, and bake in a hot oven; in half an hour add a little hot water to the pan, and baste often; in another half hour turn over the roast, and when nearly done, dredge lightly with flour, and baste with melted butter. Before serving, carefully remove the twine. A six-pound roast thus prepared will bake thoroughly tender in 2 hours. To make the gravy, skim off the fat if there is too much in the drippings, dredge flour into the pan, stir until it browns, add hot water if necessary, boil a few moments and serve in a gravy boat. Serve with green peas and lemon jelly.

VEAL STEW.

Boil $2\frac{1}{2}$ pounds of the breast of veal 1 hour in water enough to cover, add 6 potatoes, and cook half an hour; before taking off the stove, add one-half pint of milk and flour enough to thicken; season to taste. If preferred, make a crust as for chicken pie, bake in 2 pie pans, place one of the crusts on the platter, pour over the stew, and cover with the other. Or, put a quarter of a pound of salt pork with the veal, season, and 20 minutes before the meat is done, drop in dumplings made of biscuit dough, and boil gently in the tightly covered kettle 30 minutes. If pork is not used, drop the same amount of butter into the stew before adding the dumplings. Serve with spinach.

VEAL ROLLS.

Cut veal or beefsteak very thin, in strips 3 inches wide and 6 long. Take a thin piece of bread a little narrower and shorter. Butter both sides well, and lay on the strip of meat. Roll up tightly and fry in butter. The bread may also be spiced, or sage

or thyme used. When the roll is a golden brown, put it into a stew pan with enough water to cover, and stew slowly 2 hours. Remove to a hot platter. Make a brown gravy of the liquor and pour over the rolls. Salt should not be added until nearly done. Use the butter in which they were browned to rub up the flour in. When brought to the table, garnish with parsley. Mutton, lamb or the tenderloin of pork is good prepared in this way.

SWEETBREADS.

There are two sweetbreads, one round and firm called the heart sweetbread, and the other long and narrow, called the upper gland. Buy only perfectly fresh ones, and soak them in cold water and vinegar for an hour. Take out and put into salted cold water, heat gradually and boil 20 minutes. Drain, throw into cold water, and when cooled remove all possible of the fibres, strings and veins, without breaking the sweetbreads in pieces. They are now ready for use. They can be fried or larded, crumbed, and baked, broiled or served hot with a variety of sauces.

SWEETBREADS BROILED.

Prepare according to directions, roll in melted butter, and place on a hot gridiron; turn often, dipping each time in butter, and cook till thoroughly done and delicately browned. Season with salt, pepper, and a few drops of lemon juice.

SWEETBREADS FRICASSEED.

Prepare as directed, and cut them in pieces an inch thick. Rub 2 tablespoons butter with 2 tablespoons flour, put on the fire and add gradually enough stock or boiling water to make a gravy the thickness of cream, with pepper, salt and a little lemon juice. Heat the sweetbreads in the gravy, remove from the fire and add 2 tablespoons of hot cream, 2 yolks of eggs beaten smooth with a little cold cream, and 1 tablespoon fine chopped parsley. Stir rapidly. Set over hot water a few minutes before serving.

SWEETBREADS FRIED.

Prepare according to directions, and lard with narrow strips of salt pork. Lay into a hot, buttered spider and fry to a golden brown, turning often. Serve with green peas or asparagus. Or, cut in inch slices, dip in white of egg and bread crumbs, and in 30 minutes put in a frying basket into boiling lard. In 5 min-

utes drain and lay on brown paper within the oven door. Or, slice thin, sprinkle with salt, pepper, grated nutmeg, chopped parsley and lemon juice, dip into a batter made of 1 cup milk, 2 eggs, 1 cup flour, a pinch of salt, and half a teaspoon baking powder, and fry like fritters. Drain on a brown paper in the mouth of the oven. Serve with tomato sauce in a boat.

SWEETBREADS WITH MACARONI.

Prepare the sweetbreads, fry, broil or crumb, and place in the center of a dish of boiled macaroni, over which cheese has been grated. Serve with tomato sauce.

SWEETBREADS WITH MUSHROOMS.

Prepare as for fricassee, and add to the cream sauce an equal amount of chopped mushrooms fried brown in butter, and heat all together. Serve on well-buttered toast.

SWEETBREADS ROASTED.

Prepare as directed, lard with salt pork, roast brown in a moderate oven, basting often with butter and water. Serve with white sauce or tomato sauce poured over them. For sweetbreads with green peas, lard 5 sweetbreads with strips of salt pork, put on the fire with half a pint of water, and stew slowly half an hour; take out and put in a small dripping pan with a little butter and a sprinkle of flour; brown slightly, add half a gill of mingled milk and water, and season with salt and pepper; heat half a pint of cream, and stir it into the gravy. Have the peas ready, place the sweetbreads in the center of the dish, pour the gravy over and the peas around them. Or, roll them in egg and bread crumbs and lay on slices of bacon in a dripping pan. Sprinkle with pepper and salt, add a little rich stock, baste frequently, and when done to a rich brown, serve.

MEAT SAUCES.

There are two kinds of meat sauces, brown and white. A butter sauce or gravy, often used for meats, is a white sauce made very simply. White sauces are made by the addition of celery, cream, eggs or oysters, to a drawn butter sauce, and are used for asparagus, cauliflower, celery, poultry, eggs and fish. Gravies, or

saucés, thickened with flour and water, stirred smooth, must be boiled at least eight minutes to thoroughly cook the flour.

BUTTER SAUCE.

Rub flour into three times the quantity of butter, in a dish placed on the stove, in order that its warmth will hasten the work. Or, put the butter in a frying pan, and when it bubbles, sift in the flour and stir till smooth and frothy. Add 1 pint boiling water, milk or cream to make a gravy of the desired consistency. If milk or cream is used, less butter will be required.

CAPER SAUCE.

Make 1 pint of butter sauce, and when it boils add 1 tablespoon capers, just before serving.

CREAM SAUCE.

1 pint sweet cream,	1 teaspoon pepper,
$\frac{1}{2}$ pint butter sauce,	1 egg, white.

Rub the cream and butter sauce together, or pour the boiling cream into the butter sauce, and boil; add the pepper and the white of egg, whipped to a stiff froth, beat all together 1 minute, and serve hot.

CREAM SAUCE WITH EGGS.

1 cup cream,	2 eggs, yolks.
Salt and pepper.	

Heat the cream in a double boiler, and add the beaten eggs, thicken like boiled custard, add salt and pepper, and serve.

CURRY SAUCE.

To a pint of cream sauce, add 1 minced boiled onion in its juice, 1 tablespoon curry powder, mixed with the same amount of flour, and smoothed with a small piece of butter. Let it come to a boil, and serve.

EGG SAUCE.

To a pint of cream sauce, add 3 hard-boiled eggs, chopped not too fine, and a little finely-chopped parsley.

MUSHROOM SAUCE.

To a pint of cream sauce, add half a can of mushrooms chopped fine, and season to taste.

OYSTER SAUCE—1.

1 tablespoon flour,	1 cup cream,
2 tablespoons butter,	1 pint oysters.

Salt and pepper.

Scald the oysters in their own juice. Strain off the liquor. Rub the butter and flour to a cream, and add gradually the oyster juice, then the cream boiling, and as the sauce begins to boil, drop in the oysters, and season with salt, and white and cayenne pepper. Or, omit the cream, using water for a sufficient quantity, and just before taking from the stove add lemon juice and a little grated nutmeg.

OYSTER SAUCE—2.

1 pint butter sauce,	$\frac{1}{2}$ saltspoon pepper,
1 pint oysters,	$\frac{1}{2}$ teaspoon salt,
$\frac{1}{2}$ teaspoon celery salt.	

Use the oyster liquor in making the butter sauce. When boiling, add the oysters, salt, pepper, and celery salt. Boil 2 minutes and serve hot.

BROWN SAUCE.

Brown sauces are made by browning butter and flour together, and bringing them to the right consistency with soup stock, or stock made from trimmings of meats, bones, or pieces of steak that have been cooked. Simmer these for an hour or more, after cutting the meat in small pieces, in a saucepan of cold water, and bring slowly to a boil. Strain, and it is ready for use. Brown sauces are served with most meats, a few fish, game, turkey and goose. The following is a good foundation recipe: Melt 1 tablespoon of butter, and sprinkle in slowly 1 tablespoon flour. Stir carefully to prevent scorching, and after the first few minutes reduce the heat of the fire. It should be nicely browned in half an hour. Add 1 pint of stock with spices or seasonings, boil 5 minutes longer and serve. Add 2 tablespoons of caramel, and the juice of half a lemon to make a regular Caramel sauce.

CARROT SAUCE.

1 pint brown sauce,	1 tablespoon grated horse-radish,
$\frac{1}{2}$ cup chopped pickles,	1 large orange carrot.

Boil the carrot until it can be beaten to a jelly, add with the pickles and horse-radish to the boiling sauce. Boil 10 minutes, stirring well.

CELERY SAUCE.

$\frac{1}{2}$ cup boiled, chopped celery, $\frac{1}{4}$ cup boiled, chopped parsley.
1 pint brown sauce.

To the boiling sauce add the other ingredients, and simmer 10 minutes.

CHESTNUT SAUCE.

1 pint brown sauce, 1 pint roasted chestnuts,
Salt and pepper.

Roast, peel and mash fine the chestnuts, and add to the hot sauce and boil 3 minutes. Stir in the salt and pepper and serve with roast turkey.

MAÎTRE D' HOTEL SAUCE.

2 tablespoons butter, 1 teaspoon lemon juice,
1 tablespoon finely-chopped parsley, Pepper and salt.

Rub all together to a cream, spread on broiled meats or fish, and place 5 minutes in a hot oven.

MINT SAUCE.

2 tablespoons sugar, 6 tablespoons vinegar,
3 large tablespoons mint, 4 tablespoons boiling water.
Pepper and salt.

Strip the leaves and tips from the stalks of young fresh mint, wash, dry and chop as fine as possible. Put it into a bowl, pour over it the boiling water and add the sugar. Cover, let cool half an hour and add the vinegar, pepper and salt. The sauce should be very thick and not a simple liquid. Set on ice and serve with roast lamb.

MUSHROOM SAUCE.

$\frac{1}{2}$ pint brown sauce, $\frac{1}{2}$ can chopped mushrooms,
1 saltspoon celery salt.

Bring the sauce to a boil, add the mushrooms, celery salt, or salt and pepper with a little lemon juice, stew 5 minutes and serve.

MUSTARD SAUCE.

1 pint brown sauce, 2 teaspoons made mustard,
4 teaspoons vinegar.

Bring the sauce to a boil and add the other ingredients. A hard-boiled egg may be chopped and added. Boil 5 minutes and serve.

OLIVE SAUCE.

Take half a small bottle of olives and soak 1 hour in hot water.

Pare the olive close to the stone, so when it is removed the olive will form a spiral and spring back to its natural shape. Put into 1 pint of hot brown sauce, and boil slowly 10 minutes.

PICKLE OR CAPER SAUCE.

To half a pint of hot brown sauce, add 1 tablespoon chopped pickles or capers.

SWEET-HERB SAUCE.

1 pint brown sauce, $\frac{1}{2}$ cup currant jelly,
1 tablespoon mixed parsley, thyme, bay leaf and cloves.

Let the brown sauce come to a boil, and add the other ingredients. Boil up and serve.

TOMATO SAUCE.

1 pint brown sauce, $\frac{1}{2}$ can tomatoes,
1 chopped onion.

Boil the tomatoes and onion 10 minutes and strain. Boil up, and add gradually to the brown sauce, stirring constantly. Let boil well and serve. Or, when the tomato and onion have been strained and are boiling, add salt and pepper, a little water, and thicken with the flour and butter rubbed and browned together.

GARNISHES.

Use celery tips, eggs, hard-boiled and sliced, parsley leaves, water-cresses, sliced lemon, sliced tomatoes, pickled green seeds of nasturtium, beet pickles, or pickled cauliflower, for garnishes of cold meats, bakes, roasts and all meats not served with the gravy, except lamb.

Pork is garnished with cranberries in nests of lettuce leaves, or apple snow or sauce, in celery or parsley tips. Lemons in halves may be served with spareribs, or boiled ham. Stewed tomatoes are suitable with fat meats.

Catsups, Chili sauce, and hot sauces of every kind may be used to flavor brown butter, or stock sauces.

Garnishes are made of other leaves and sprigs than those mentioned, and brightened with colored jellies, pickles, or the flowers of the nasturtium.

MISCELLANEOUS RECIPES.

It has been said that wasting is carried on so far and so extensively in American kitchens that it will soon be one of the common sciences, also, that the food thrown away by Americans would feed comfortably the French people. Granted the last statement to be exaggerated, the fact remains that the national habit is one of great prodigality in the use and waste of cooked and uncooked food. The following recipes suggest one means of improvement.

DRIED BEEF.

Slice it very thin, put in a frying pan with water to cover, let it just boil, pour off the water, and add a pint of milk, a lump of butter, and a thickening of a little flour and milk; stir well, and just before serving, add an egg, stirring it in quickly; or, chop very fine, freshen, add a lump of butter, 6 or 8 eggs, stir well, and serve at once. Cold, boiled or baked beef may be sliced and cooked in the same way. When ends or thin pieces of dried beef become dry and hard, put in cold water and boil slowly 6 or 8 hours, and slice when cold; or, soak over night in cold water, and boil 3 or 4 hours. Many think all dried beef is improved by this method.

BEEFSTEAK STUFFED.

This is nice for dinner, and can be prepared from a rather poor flank or round steak; pound it well, season with salt and pepper, spread with a nice dressing, roll up and tie closely with twine, put in a kettle with 1 quart boiling water, boil slowly 1 hour, take out and place in a dripping pan; add the water in which it was boiled, baste frequently until a nice brown, and make a gravy of the drippings; or, put it at once into the dripping pan, skewer 2 slices of salt pork on the top, add a very little water, baste frequently, and, if it bakes too rapidly, cover with a dripping pan.

CROQUETTES.

Croquettes are made of meat or fowl previously cooked. They are dropped in boiling lard like fritters, and the easiest method is to lay them in a wire basket and plunge them for 5 or 10 minutes into the hot fat. They must be light, crisp and brown, but not greasy. It is better to make the day before using, and when wanted lay them in a hot oven on a thick, soft paper. Flat cakes,

called balls, browned nicely on both sides, are a species of croquettes, and may be cooked in boiling lard, instead of frying in a pan. After the croquette mixture is prepared, then comes the moulding into round and long rolls, say 1 by $2\frac{1}{2}$ inches. Have convenient to the moulding board, a saucer of flour, one of beaten egg, and a bowl of sifted bread crumbs. Let the hands be well floured. Take 1 tablespoon of the prepared meat, roll it between the palms of the hands into the required shape; if too thin they will break in frying. Dip them first into the egg, then the bread crumbs, being careful that they are well covered. Lay on a platter, separated from each other, and place them in a cold place for 1 hour at least. Then put them into a frying basket, and plunge into the boiling lard. When a golden brown, take out and lay on a clean paper in the mouth of the oven to dry. Garnish chicken croquettes with fried parsley, or stick a sprig of parsley or celery into one end. Lobster croquettes may be garnished with lettuce, or cress, or slices of lemon.

CHICKEN CROQUETTES—1.

1 cooked chicken,	Cream,
2 eggs,	Celery,
Salt and pepper,	Parsley.

Pound, or chop the meat very fine, add a little minced celery and parsley, and chopped oysters if liked; season with salt and pepper, moisten with cream or gravy, mix with the beaten eggs, and make into long balls. Egg and crumb, and boil in lard.

CHICKEN CROQUETTES—2.

1 chicken,	$\frac{1}{4}$ pound butter,
$\frac{1}{2}$ cup cream,	1 tablespoon flour,
$\frac{1}{2}$ cup broth,	2 eggs, yolks,

Salt and pepper.

Stew a three-pound chicken in a very little water flavored with parsley, celery, and onion, if the taste is liked. When done, cool, and chop very fine. Rub the butter and flour together, cook in a custard kettle, add the cream and broth. Boil till well thickened, take off the fire, add pepper and salt, and the chicken. Mix well, and stir in slowly the well-beaten eggs. Cook uncovered a few minutes, stirring constantly. Take out to cool and shape into rolls. Beat the yolk of 1 egg with 1 tablespoon of cream, dip the

rolls in this and then in sifted bread crumbs, and after standing 1 hour, boil in lard. These are improved by adding a little nutmeg and lemon juice just before taking from the fire.

Veal may be substituted for chicken in this and the previous recipe, and many consider turkey better than chicken.

MEAT CAKES.

Scraps of meat, as steak, roast, etc., may be chopped fine, patted into cakes an inch thick, and broiled over a quick fire; or laid in a very hot spider, and turned when brown. Serve with butter, salt, and pepper. These need to be well done. Spices, sage, savory, or any flavor may be added in the mixing. If herbs are used they should be dried and sifted.

MEAT CROQUETTES.

Use beef, chicken, lamb, mutton, veal or fish. To 1 pound meat use one-fourth pound bread crumbs, except in the case of fish, when potato is used. Moisten with gravy, cream, or a butter sauce, and mix with a beaten egg. Season with celery salt, pepper and salt, but omit the celery and add catsup to the beef and fish mixture. Finish according to directions.

SALMI OF DUCK.

Cut cold duck into nice pieces. Put the bones and giblets into a saucepan and cover with hot water; when it boils add 1 onion sliced, cloves, a bunch of herbs, pepper and salt. Cover and cook slowly 1 hour. Then strain, and cool sufficiently to take off any fat that has risen to the top. Return to the fire, add, when hot, the pieces of duck and simmer 1 hour more. Water may be added if needed. Brown 1 tablespoon each of flour and butter together, stir into the meat, and let boil up. Arrange the duck on a platter and garnish with croutons, bread cut in narrow oblong, or diamond shapes, fried in boiling fat, or border with boiled rice. Stewed green peas may be added just before it is thickened.

HASH.

Cold meat of any kind will do, but corned beef is best; remove all surplus fat and bits of gristle, season with salt and pepper, chop fine, and to one-third meat add two-thirds chopped cold boiled potato; 1 onion chopped very fine may be added. Place in the dripping pan, dredge with a little flour, and pour in at the side of

the pan a little water; put in the oven, and do not stir; when the flour is light brown, and has formed a sort of crust, take out, add a lump of butter, and stir it through several times. Or, by cooking longer, it may be made of cold raw potatoes, which peel, slice, and let lie in salt and water half an hour before chopping. For fresh meat and potatoes, always use the proportions given above, and before chopping, season with pepper and salt, a chopped onion if liked; place in a hot skillet, moisten with water or gravy, add a little butter or nice beef drippings, stir often until warmed through, cover, and let stand on a moderately hot stove 15 minutes. When ready to dish, run the knife under and fold as an omelet, and serve with tomato catsup. In making veal hash use milk instead of water with the gravy. In making hash, meats may be combined if there is not enough of a kind.

TURKEY HASH.

Pick the meat off turkey bones, shred it in small bits, add dressing and fine pieces of light biscuit, mix all together and put into a dripping pan; thoroughly moisten with the gravy, place in a hot oven 20 minutes, and serve. Or, warm the remnants of the turkey over after the style of scalloped oysters. The common error in heating over meats of all kinds is putting them into a cold skillet, and cooking a long time. This second cooking is more properly only heating, and should be quickly done. All such dishes should be served hot with some sort of tart jelly. Save a can of currant juice, from which to make jelly in the winter, and it will be as fresh and delicious as when made in the summer.

TOAD-IN-THE-HOLE.

1 cup milk,	1 egg,
1 cup flour,	Pepper and salt,
1 pound lamb chops or beefsteak.	

Beat the egg thoroughly, add the milk, and stir in the flour; the mixture should be like that for batter cakes. Butter well a pudding dish; lay in the chops, sprinkle with pepper and salt; pour over the batter, and bake 1 hour. Or, cut the steak in small pieces, season, stir into the batter and bake.

MACARONI AND MEAT.

Chop lean, cold, roast beef or mutton very fine; nearly fill a

pudding dish with cold boiled macaroni; in the center put the chopped meat, carefully flavored with salt, pepper, thyme, and, if liked, a little liquor from canned tomatoes. Pour stock or gravy over all; cover with bread crumbs, add 2 tablespoons melted butter, and bake half an hour.

PATTIES.

Use recipe for Pyramid Pâtés, or make a puff paste, and after it has waited 1 hour in the ice box, or a very cold place, roll out quickly and cut rounds one-quarter inch thick with a biscuit cutter. Use three for a pâté, cutting a small round from the centre of two. Lay the rings on the whole one and bake in a quick oven. Just before taking from the stove, glaze with the white of an egg. A little round may be baked to serve as a cover to each pâté. These may be filled with the remnants of meat, poultry, fish or oysters, prepared in a tempting manner. Chicken and veal prepared as for croquettes make a nice filling. When the pâtés are filled and covered, heat through in a hot oven. Slices of stale bread, an inch thick, may be cut into rounds, and a small circle cut out from the centre to half its depth. Fry as croquettes, and fill with minced chicken, turkey or meat, seasoned with its gravy.

BEEFSTEAK PIE.

Cut steak and a small slice of ham into dice; put them into a frying pan with a little butter and 2 chopped onions; let them simmer 15 minutes; add 1 pint sliced potatoes, 1 pint stock, with salt, pepper, and a little flour. Cook 20 minutes, and pour into a baking dish lined with a nice pastry. Cover, and bake till done. Or, cut beefsteak into half-inch pieces, season, lay in a dish lined with paste, add butter, water or stock, and a little flour; cover, and bake in a moderate oven.

LANCASHIRE PIE.

Take cold beef or veal, chop, and season as for hash; have ready hot mashed potatoes, seasoned; put in a shallow baking dish first a layer of meat, then a layer of potatoes, and so on, till the dish is full; smooth over the top of the potatoes, and make little holes in which place bits of butter; bake a nice brown.

MEAT PIE.

Put a layer of cold roast beef or other meat, chopped very fine,

in the bottom of a dish, season with pepper and salt, add a layer of powdered crackers, with bits of butter, a little milk, and fill the dish with alternate layers; moisten with gravy or broth, or warm water; spread over all a thick layer of crackers which have been seasoned with salt and mixed with milk and a beaten egg; stick bits of butter thickly over it, cover with a tin pan, and bake from half to three-quarters of an hour; remove the cover 10 minutes before serving, and brown. Or, cover some bones with a pint of cold water, and let them simmer for an hour; strain and add a chopped onion, 3 tablespoons Chili sauce, a level tablespoon salt, and the chopped meat; let simmer a few minutes, thicken with a tablespoon flour mixed in water, let boil once, take off and cool; put a layer of this in a pudding dish, then a layer of sliced hard-boiled eggs and a few slices of cold, boiled potatoes; repeat the process. Cover with pastry or a baking powder crust, make an opening in the center, and bake 40 minutes.

MUTTON PIE.

Spread the bottom of a baking dish with bread crumbs, and fill with alternate layers of cold roast mutton, cut in thin slices, and tomatoes, peeled and sliced; season each layer with pepper, salt and bits of butter. The last layer should be of tomatoes spread with bread crumbs. Bake three-quarters of an hour, and serve immediately.

VEAL AND HAM PIE.

Prepare a seasoning of 3 parts salt, 1 part pepper, and a dust of nutmeg. Take meat in the proportion of two-thirds veal to one-third ham, cut into thin slices, rub with the above seasoning, roll up and place them in a dish, adding water and chopped hard-boiled eggs. If the ham is very salt, use less salt and more pepper in the seasoning. Parsley improves veal. Force-meat, catsup, mushroom, tomato, or a little Worcestershire sauce may also be added. Use good pastry for the pie.

CHICKEN PILAU.

1 pint milk,	2 eggs,
$\frac{1}{2}$ pint cold minced chicken,	Rice,
Salt and pepper,	Butter.

Make a thick batter of the milk, the eggs, well beaten, the chicken, and cold boiled rice. Season with salt, pepper and but-

ter, and bake 20 minutes. A pilau of cold meats is made in this manner, with the addition of a little minced ham and onion.

A pilau may be made from lamb or veal, as well as chicken, using the following proportions:

4 pounds meat,	3 quarts cold water,
1 pint rice,	Pepper and salt.

Buy cheap pieces, as the neck or shank, and cut pieces large enough to serve one to each person. After washing, put in a kettle, cover with water and a tight-fitting lid and stew slowly. At the end of $1\frac{1}{2}$ hours add the rice, with salt and pepper, and cook until the broth is absorbed. Carefully watch, and stir to prevent burning. A little boiling water may be added before serving if the pilau seems very dry. Remove any unsightly bones, and lay the meat in the center of the platter, with the rice serving as a border.

CHICKEN PUDDING.

1 stewed chicken,	1 pint sweet milk,
1 quart grated corn,	Salt and pepper,
3 eggs.	

Cut up and stew a chicken in as little water as possible, season, and put into a three-quart pudding dish; pour over it the corn into which has been stirred the milk, the well-beaten eggs, with butter, pepper and salt; dredge thickly with flour, lay on bits of butter and bake in a quick oven.

PARTRIDGE RISsoles.

3 roast birds,	1 cup flour,
1 cup butter,	$\frac{1}{2}$ cup mushrooms,
1 cup cream,	A little nutmeg,
1 cup broth or water,	Lemon juice,
Salt and pepper.	

Cut the meat of the birds in very small dice, mince and add mushrooms, sprinkle with a teaspoon of mixed salt and pepper; grate nutmeg and squeeze lemon juice over all. Make a cream sauce by stirring the flour and butter together in a saucepan, add the broth and cream when it begins to bubble; moisten the meat with it, stir well and set aside to cool. Make into finger rolls, dip first in flour, then egg, then cracker crumbs, put into a frying basket and cook in boiling lard. Garnish with fried parsley. Fry the parsley 1 minute, like the rissoles; it must be crisp but re-

main green. Drain both rissoles and parsley on a sheet of brown paper in an open oven before serving.

HAM SANDWICHES.

Mince cold boiled ham, season with salt, pepper, and a very little mustard, or mix with a nice salad dressing; butter thin slices of bread and spread one with the mixture, and lay another on it. Prepare half an hour before needed for use.

BREAKFAST SAUSAGES.

Place a thick layer of sausage meat in a baking dish. Cover with soft mashed potatoes twice or three times the thickness of the sausage. Beat an egg with a little cream, spread on the top and bake half an hour in a moderate oven.

BREAKFAST STEW.

$\frac{3}{4}$ pound cold beef,	2 tablespoons butter,
$\frac{1}{2}$ pint water,	2 tablespoons flour,
Pepper and salt,	1 tablespoon Chili sauce.

Cut the beef into small pieces, and heat with the water and Chili sauce, adding salt and pepper. Rub the butter and flour smooth, mix with a little of the gravy and pour on the beef. Cook and serve with bits of dry toast. Sliced onions may be fried, added to the gravy before the meat, and the Chili sauce omitted. Or, make the gravy of stock, add a fried sliced onion, pepper and salt, and a teaspoon of catsup; let it boil, and set aside to cool; when nearly cold, put in thin slices of cold meat, a few slices of cold potatoes, and heat gradually until it comes to the boiling point. Serve with dice of fried bread. Or, prepare a poor beefsteak by trimming off the fat and cutting it in convenient pieces; fry in butter or drippings to a nice brown on both sides, and add a little sliced onion, carrots, or turnips, seasoning, Chili sauce, and 1 pint soup stock, or water; stew gently 2 or 3 hours, skim off any grease, and stir in a little flour mixed with milk.

MEAT TOAST.

Chop cold steak, veal, fowl, or tongue very fine, cook in a little gravy or water, add cream, thicken, season with butter, salt, and pepper, and pour it over slices of toast. Prepare boiled ham in the same way, adding the yolk of an egg.

SCALLOPED TURKEY.

Moisten bread crumbs with a little milk, butter a baking dish, put in it a layer of crumbs, a layer of chopped cold turkey or chicken, with some of the dressing, season with salt and pepper, add bits of butter, and alternate layers of crumbs and turkey till the dish is nearly filled. Mix a little water with the gravy and pour over it. Take 2 beaten eggs, 2 tablespoons milk, melted butter, and cracker crumbs, season, beat well together and spread over the top of the scallop. Cover tightly, bake 30 minutes, remove the cover and let it brown 15 minutes.

VEAL CHEESE.

Take equal quantities of sliced boiled veal and sliced boiled tongue. Pound each in a mortar adding butter meanwhile. Mix them in a stone jar; pack the paste very solid and pour on melted butter. Cover tightly and keep cold and dry. Cut in thin slices and serve for tea or luncheon with currant jelly, or as salad.

HOW TO CARVE MEAT.

Carving is a fine art which all should study in order to acquit themselves creditably when occasion requires. There are no real difficulties in the way of mastering the accomplishment; knowledge gives confidence, and practice, skillfulness and grace. A good sharp knife of moderate size is a necessity. The butcher should be instructed to separate the joints of roasts like loin, breast, and fore-quarter. Fowls are easily carved. In carving a turkey, turn the head to the right, hold down the bird with the fork placed in its body just below the highest point of the breast-bone, cut off the right wing and leg, and the second joint; slice the breast until a rounded separated piece appears; insert the knife between it and the bone, and the nicest piece of the breast comes off; then follow with the merry-thought, or wish-bone. After this, turn the fowl a little to one side, and take out the "oyster," a most delicate morsel, lying in the hollow of the side bone, at the point of contact of the breast with the second joint. Carve the other side in like manner, and do not remove the fork during the process. Chickens and partridges are carved in the same way.

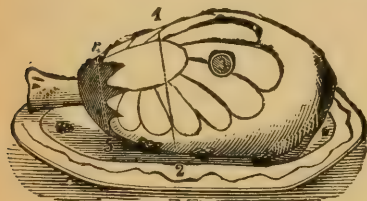
SIRLOIN OF BEEF.



In carving beef, mutton, lamb, pork and veal, thin, smooth slices are desirable. Cut across the grain, taking care to pass the knife through to the bones of the meat. There are two modes of carving a sirloin of beef; either by cutting long, thin slices from 3 to 4, and serving it with a bit of the fat underneath the ribs, or by cutting thicker slices, from 1 to 2, through the tenderloin.

Carve a rib roast from the thick to the thin end. Before slicing run the knife behind and under the meat, to free it from the bones.

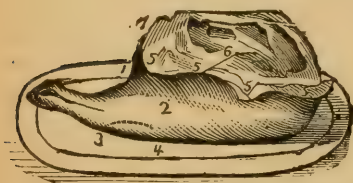
HAM.



A ham may be carved in three ways: First, by cutting long, delicate slices, through the thick fat from 1 to 2, down to the bone; second, by running the point of the knife in the circle in the middle, and cutting thin circular slices, thus keeping the ham moist; and last, and most economically, by beginning at the knuckle, 4-5, and slicing upward

A leg of pork may be carved like ham.

LEG OF MUTTON.



In carving a leg of mutton the best slices are obtained from the center, by cutting from 1 to 2; and very good cuts are found on the broad end from 5 to 6. Some epicures prefer slices nearer the knuckle, but they are dry. The cramp-bone is a delicacy, and is obtained by cutting down to the bone at 4, and running the knife under it in a semi-circular direction to 3. The fat so esteemed by many lies on the ridge 5. By turning over the meat excellent slices are found and may be cut lengthwise.

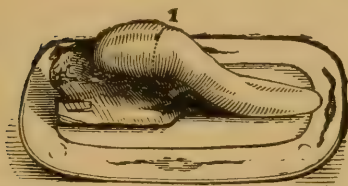
SHOULDER OF MUTTON.



es may be cut on either side of the line 3, and on the under side near the flap.

A shoulder of mutton should be cut down to the bone, in the direction of the line 1, and thin slices of lean meat taken from each side. The best fat is found at 2, and should be cut in that direction. Several tempting slices

TONGUE.



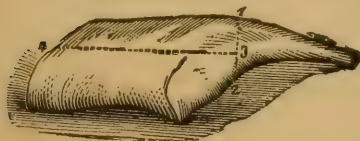
the slices taken from each side, with a portion of the fat which is at its foot.

A tongue should be carved as "thin as a wafer;" its delicacy depends in a great degree upon that. The center slices are considered the best, and should be cut across at the line 1; serve

FILLET OF VEAL.

Carve thin smooth slices from the top and serve with portions of the fat and dressing. In carving a breast of veal, first separate the breast and brisket. Carve a loin roast like sirloin of beef, and a rib roast like beef, but in thicker slices, and serve with the fat and kidney.

HAUNCH OF VENISON.



ble in the direction of 3-4, and continue to cut slices on the right and left of the line. The fattest parts are found between 4 and 2. A loin of veal or a loin of mutton should be jointed by the butcher before it is cooked, and the carver easily cuts through the ribs. A portion of the kidney and the fat should be served on each plate.

A haunch of venison should be cut across to the bone on the line 1-3-2, turn the dish a little, put the point of the knife at 3, and cut down as deep as possible

FISH.

In serving fish, lightness of touch and dexterity of management are necessary to prevent the flakes from breaking. With mackerel, shad, etc., a part of the roe should be placed on each plate. The fins of the turbot are most desired, and the back of the fish should be placed next the platter. In salmon, the choicest morsels are close to the head, the thin part comes next, and the tail is the least esteemed. The flavor of the fish nearest the bone is not equal to that of the part farthest removed from it.

HOW TO CURE MEAT.

There is a difference between corned and pickled meat. Corned beef is ready for use at the end of five days; pickled meat must lie in brine at least three weeks, and may be kept in it for months. The same brine may be used for both, or one of strong salt water made for corned beef. It is better to add a very small quantity of saltpetre, however, though the sugar may be omitted. Tongues are often corned slightly in cooking by adding a large quantity of salt and a very small lump of saltpetre to the water used in boiling. In this case boil in a good deal of water, and do not let it cook down to a small quantity.

TO CURE BEEF.

8 pounds salt,		2 ounces soda,
5 pounds sugar, or	}	1 ounce saltpetre,
5 pints N. O. molasses,	}	4 gallons soft water.

This amount of brine is sufficient for one hundred pounds of beef. Mix part of the salt and sugar together, rub each piece and place it in an oak barrel, having covered the bottom with salt. When the meat is all in, put the remainder of salt and sugar into the water. Dissolve the soda and saltpetre in hot water, add it to the brine and pour over the meat; place a board on top of the meat, with a weight sufficient to keep it under the brine. Let the pieces intended for dried beef remain in the brine 3 weeks; take them out, place in a tub, cover with water, and let stand all night. String and smoke them a few days, then hang from the ceiling over the kitchen stove, or on a frame behind the stove, and turn once a day to give all parts an equal exposure. They should be

well dried on the outside, and free from rawness at the center. When dried, sprinkle with ground black pepper, put in paper sacks, tie up tightly, and hang in a cool, dry, dark place, or put, without sacks, into an empty flour barrel, and cover closely. Boil the brine, skim well, cool, and pour over the bony pieces that are left. These are boiled and eaten either hot or cold, and will keep good several months. Tongue may be pickled with the beef.

DRIED BEEF.

100 pounds beef,	4 pounds brown sugar,
4 pounds rock salt,	4 ounces saltpetre.

Mix the salt, saltpetre and sugar well together; rub thoroughly into the beef, and put it into a barrel. Cover the beef with a round board kept in place by a heavy weight. No water is added as the beef makes its own brine. This will not be too salt whatever the length of time it remains in the barrel, and may be dried at the end of 3 weeks.

BEEFSTEAK FOR WINTER USE.

2 pounds salt,	1½ pounds sugar,
¼ ounce powdered saltpetre.	

Mix these ingredients well. Cut the steak large and thick. Sprinkle the bottom of a large jar with salt, lay in a piece of steak, sprinkle with the mixture, fill the jar, sprinkling each layer and leaving a good coating on the top. Cover with a weighted plate, and set in a cool, airy place. There will be no difficulty in keeping 25 or 30 pounds. Broil or fry as usual.

TO CURE BEEF TONGUES.

1 pound brown sugar, or)	2 pints salt,
1 pint molasses, }	4 red peppers,
6 quarts salt water.	

Boil these ingredients together, skim well, and cool. Pack 12 tongues in a large jar, and when the brine is entirely cold, pour it over them, put on a weight, let remain 10 or 12 days, take out, drain, and smoke about 2 days, then dry moderately, and put away in a flour sack in a dry place. When wanted for use, boil 6 or 8 hours in a pot filled with water, adding more when necessary to keep the tongue well covered all the time until done. Set away to cool, but do not skin till needed for the table.

TO PREPARE BEEF TRIPE.

Empty the paunch, taking care not to spill any of the contents on the outside, rinse it thoroughly in cold water, and put it in a tub. Make a strong white lye, bring it nearly to scalding heat and pour it over the tripe; let it stand 3 hours, then tack it up against a board and with a knife scrape downward, taking off the inner skin, or rinse it clean in cold water. Sprinkle lime over it, return to the tub, cover with warm water and let stand 2 hours; scrape it with a knife, and if the dark color does not come off easily, sprinkle on more lime and let it lie an hour longer; scrape again and rinse in cold water till clean. Cover with water, add a large handful of salt and let the tripe remain in the salt water 3 days, changing it each day; then take it out, cut in pieces 6 inches wide and 12 long, and cover with buttermilk a few hours to whiten it. Rinse it clean in cold water and boil till it can be mashed with the fingers, which will take from 4 to 6 hours. It is then ready for use.

TO CURE BACON, HAMS AND SHOULDERS.

10 pounds salt,		2 ounces soda,
5 pounds sugar, or	}	1 ounce saltpetre,
5 pints N. O. molasses,		4 gallons soft water.

Cover the bottom of an oak barrel with salt. Take part of the mixed salt and sugar, rub each piece thoroughly on the fleshy side, and lay in the barrel skin side down. Make a pickle of the remainder of the mixture, and pour over the meat. Place a round board, a little smaller than the barrel, on the meat, with a weight sufficient to keep it under the brine; a large stone may be washed clean and used year after year. Let the pieces remain 4 or 8 weeks, according to size, though bacon should be taken out at the end of 3 weeks; take out, drain, sprinkle with cayenne pepper, particularly around the bone. Hang them ready to smoke, let them drain 2 days, and then smoke with corn cobs or green hickory or maple wood, taking care to have smoke, but not fire enough to make heat. Smoke with hock downwards, as the skin then retains the juices of the meat. After smoking 4 weeks take down, sprinkle with ground black pepper, tie tightly in whole paper sacks, hang in a dry, dark, cool place, watching closely for fear of

mold. Or, wrap in paper, sew in a coarse, cotton bag, whitewash on the outside and hang near the roof in the garret; or, pack without sacks, hock end uppermost, in oats, shelled corn, or clean, sweet hay, before flies come. Cover the box or barrel closely, and keep in a dry, cool place. If there is any danger from flies, take direct from the smoke-house and pack immediately. Brine for pickled pork should have all the salt it will dissolve, and 1 or 2 pecks in the bottom of the barrel. If pork is salted in this manner it will never spoil, but the strength of the brine makes it necessary to salt the hams and side meats separately. Pork when killed should be thoroughly cooled before salting, but should not remain longer than 1 or 2 days. It should never be frozen before salting, as this is as injurious as salting before it is cooled. Large quantities of pork are lost by failing to observe these rules. If pickled pork begins to sour, take it out of the brine, rinse well in clear, cold water, place a layer in a barrel, on this place charcoal in lumps the size of a hen's egg, add a layer of meat and so on, until all is in the barrel, and cover with a weak brine for 24 hours; take the meat out, rinse off the charcoal, put it into a new strong brine, remembering always to have more salt in the barrel than the water will dissolve. If the same barrel is used, cleanse it by placing a small quantity of quicklime in it, slack with hot water, add as much salt as the water will dissolve, and cover tightly to keep in the steam; let stand for a few hours or over night, rinse well, and it is ready for use. This is an excellent way to cleanse any barrel that has become impure from use; whiskey barrels injure the meat, but molasses barrels are wholesome.

TO KEEP HAMS.

8 pounds salt,

2 ounces saltpetre,

4 gallons of soft water.

This pickle is sufficient for one hundred pounds of meat. Cover the hams, and they will keep through the winter. Or, cure and cut hams in slices suitable for cooking, trim off the rind, and pack as solidly as possible in a stone jar; pour melted lard over the top to completely exclude the air. When ham is wanted for use, scrape off the lard, remove a layer, and always be particular to melt the lard and return it immediately to the jar. This will keep through the season.

TO SMOKE HAM—1.

Take the hams from the pickle, wash, and wipe dry; rub with molasses and suspend in a barrel inverted over a kettle in which is a smoke made from cobs or oak chips. Do not let the smoke become fire or the hams will drip grease and make fire enough to burn up the hams and barrel. Cover the barrel with thick paper and cloth to keep in the smoke. If the smoke can be made in a separate barrel and let into the one containing the hams through a pipe there is less danger of burning. Smoke steadily 12 hours.

TO SMOKE HAM—2.

8 pounds salt,	4 ounces saltpetre,
5 pints molasses,	4 gallons water.

Make a brine of these ingredients; boil and skim in the usual manner. Smoke the barrel in which the hams are to be pickled, by inverting it over a kettle containing a slow fire of hard wood, for 8 days; keep water on its head to prevent shrinking. In this barrel pack the hams and pour over them the cold brine; they will be cured in eight days, and may be kept one year in the pickle without damage.

HEAD-CHEESE.

Thoroughly clean a hog's or pig's head, split it in two, take out the eyes and the brain; clean the ears, throw scalding water over the head and ears, and scrape them well; when very clean, put in a kettle, cover with water, and set over a quick fire; skim when needed. When the flesh leaves the bones, take out with a skimmer into a large wooden bowl or tray; pick out every particle of bone, chop the meat fine, season to taste with salt and pepper, and a little sifted sage or summer-savory. Add part of the liquor to the meat, fill pans or moulds and set in a cool place. Vinegar may be added also in the proportion of 1 pint to 1 gallon. Many consider the cheese improved by cooking the feet with the head; a finer flavor is given if calves' tongues, or some of the gelatinous bits of veal are also cooked with the head.

TO KEEP MEAT FRESH IN HOT WEATHER.

Pour milk that is souring and thickening into a three-gallon jar and put in a five-pound piece of beef. Cover with the milk; turn an earthen dish or plate over the meat to hold it down; fill the

jar with the milk; tie a cloth over the top, and set in a cool place. This will keep 5 or 6 days in the hottest weather. Wash thoroughly in water, and cook in any manner desired. Or, bury the meat in corn meal and keep in a cool, dry place. Wash off the meal quickly just before using, and roast or broil.

TO PREPARE CALF'S HEAD AND FEET.

The head must be perfectly sweet and clean before cooking. Divide it, remove the brains and wash it carefully in cold water. Clean the nose and throat passages by pouring plenty of boiling water through them. Wash and scrape the ears thoroughly, and put the head into cold water, or warm water if desired to whiten it. Set it over the fire in cold water, and skim when it begins to boil. It will need a second skimming in 20 minutes. Cook gently over a moderate fire 2 hours. Take out, slip the meat from the bones, skin the tongue, cool and set, with the brains, in the ice box for future cooking. Calf's feet should be washed and soaked in cold water. Drain, cover with cold water and cook slowly till the bones come away.

SCRAPPLE.

Scrapple is made from the liver of a pig, cut in pieces with the meat from the head and scraps that will not grind up for sausage, making in all about 5 or 6 pounds. Let the meat boil till the bones can easily be separated from it. Strain the liquor in which the meat was boiled and put it back on the stove. Separate the bones from the meat and chop up the meat as fine as possible. To every pound of meat add 1 teaspoon salt and 1 saltspoon pepper, and to the 5 pounds add 1 teaspoon sage and 1 tablespoon sweet marjoram. Return the seasoned meat to the liquor in the pot and add equal parts of corn meal and buckwheat till the compound is as thick as mush. Lift the pot off the fire while stirring in the mush. It should be frequently stirred and lifted off the fire to prevent its burning. Turn it into pans about 3 inches thick and let it cool. When needed for use, cut it into slices and fry it like mush. It will keep several weeks in a cold place.

PICKLES.

USE the best vinegar. That made from apples or maple sap is preferable to all others. A passably good vinegar is made from sorghum and is greatly superior to the sharp colorless liquid usually sold by grocers as cider vinegar, which is really weak sulphuric acid and highly injurious. Boil pickles in earthen, granite or porcelain ware, never in tin. Keep them in a dry, cool cellar, in glass or stoneware; look at them frequently and remove all soft ones; if white specks appear in the vinegar, drain off and scald, adding a liberal handful of sugar to each gallon, and pour again over the pickles; bits of horse-radish and a few cloves assist in preserving the life of vinegar. If put away in large stone jars, invert a saucer over the top of the pickles, so as to keep them well under the vinegar. The nicest way to put up pickles is bottling, sealing while hot, and keeping in a cool, dark place. Many think that mustard seed improves chopped and bottled pickles, and mangoes, but use it, as well as horse-radish and cloves, sparingly. Never put up pickles in anything that has held any kind of grease, and never let them freeze. Brine for pickles should be made in the proportion of one heaping pint of salt to one gallon of water; add more salt if all is dissolved, so that there will always be plenty in the bottom of the cask. Use an oaken tub or cask for the brine, and keep the pickles well covered with it. If cucumbers are to be kept in brine for a long time, it is better to use more salt, as this may be corrected by soaking in weak vinegar, but if not sufficiently salted the pickles will be insipid.

In scalding cucumber pickles to green them use grape or cabbage leaves, covering the bottom, sides and top of the kettle. The following is a good proportion of spice for two quarts of pickles:

1 teaspoon peppercorns,	$\frac{1}{2}$ teaspoon whole cloves,
1 teaspoon allspice,	$\frac{1}{2}$ teaspoon mustard seed,
1 tablespoon stick cinnamon,	$\frac{1}{2}$ teaspoon horse-radish,
1 inch ginger root.	

Bellpeppers cut in rings, using two rings from the green to one

from the ripe ones, taking out the seeds, or one-eighth of a tea-spoon cayenne pepper may be substituted for the peppercorns. Ginger is the most wholesome of spices. Cloves are the strongest, mace next, then allspice and cinnamon. Of course the quantity of the stronger should be much less proportionately than that of the more delicate spices. The less spice used in either sweet or sour pickles the more wholesome, since highly spiced condiments of any kind tend to induce a heated condition of the digestive organs, which produces at first an abnormal flow of the gastric juices, afterward too little; also, an unnatural thirst, and if used to a great extent results in a chronically inflamed condition of the mucous membrane.

Many of the following recipes would be fully as palatable, and much less injurious, if less spice were used in their preparation. Whenever delicately flavored fruit is used, the flavor is destroyed by any but the least amount of the finer of the spices.

Pickles are not wholesome, even when made with the greatest care, but if they must be eaten, it is best to make them at home. Those sold in market are often colored a beautiful green with sulphate of copper, which is a deadly poison, or are cooked in brass or copper vessels, which produces the same result in an indirect way. Scalding or parboiling articles to be pickled makes them absorb the vinegar more easily, but does not add to their crispness. Before putting them in vinegar, after parboiling, they should be cold and perfectly dry. Always use strong vinegar, or the pickles will be insipid, and it should be scalding hot when poured on, as raw vinegar becomes ropy and does not keep well. As heating weakens it, vinegar for pickles should be very strong, brought to the boiling point, and immediately poured on the pickles. Keep pickles from the air, and see that the vinegar is at least two inches over the top of the pickles in the jar. A dry wooden spoon or ladle is the only one that should be used in handling pickles. If the vinegar loses its strength, pour off and cover with some that is fresh and hot.

ARTICHOKES.

Gather them as soon as dug, rub off the outer skin with a coarse

towel, and lay in salt water for a day; drain and pour over them cold spiced vinegar, adding 1 teaspoon horse-radish to each jar. To make them soft; gather and let them freeze before pickling.

BEANS.

1 gallon vinegar,	30 cloves,
1 cup sugar,	15 allspice grains,
30 whole black peppercorns,	10 blades mace.

Let the beans lie 1 week in brine, then freshen a little in clear water, boil till tender and cover with spiced vinegar.

BEETS.

Clean the beets and put them on to boil in cold water. When done drop them into a pan of cold water and rub off the skins. Slice in pieces half an inch thick and cover with hot vinegar, dissolving 1 teaspoon sugar in each cup of vinegar. More sugar, and spices may be added.

CABBAGE.

1 large firm cabbage,	1 teaspoon pepper,
6 onions,	1 teaspoon cinnamon,
1 pint vinegar,	1 teaspoon mace,
1 cup sugar,	1 teaspoon allspice,
Salt,	1 teaspoon celery seed,
1 teaspoon mustard.	1 teaspoon turmeric.

Remove the outside leaves; shave it fine; chop the onions; put both in alternate layers with salt, and let stand 24 hours. Scald the vinegar, add the sugar and spices, and boil five minutes. Add the drained cabbage and onions; cook slowly one-half hour and put in jars. Equal portions of white and red cabbage may be used. Or, shave a head of cabbage, pack closely in a jar with layers of salt, pepper, 2 tablespoons white mustard seed, 2 heads chopped celery, and 1 chopped red pepper. Pour vinegar over the whole, sprinkle with powdered cloves and cover with a plate pressed down by a weight. Cover the jar. This pickle may be used in a week.

CAULIFLOWER—1.

12 heads cauliflower,	5 quarts vinegar,
5 cups brown sugar,	1 bottle French mustard,
6 eggs,	2 tablespoons ginger
2 green peppers,	$\frac{1}{2}$ teaspoon cayenne,
Butter size of an egg,	$\frac{1}{2}$ ounce pulverized turmeric.

Beat well together the eggs, sugar, mustard, ginger and turmeric,

and boil 10 minutes in the vinegar, with the garlic and peppers. Boil the cauliflower in salt water until tender. then place carefully in a jar and pour over it the boiling hot mixture.

CAULIFLOWER—2.

1 gallon vinegar,	1 dozen blades mace,
1 cup white sugar,	2 dozen white pepper corns,
1 tablespoon celery seed,	1 tablespoon coriander seed,
1 tablespoon mustard seed,	1 red pepper pod.

Select close white bunches; let them stand head downward in salt water for 2 hours to remove any insects; cut into small clusters and boil 5 minutes in salted water. Have the spiced vinegar scalding hot, put the hot cauliflower into glass jars, fill with the vinegar and seal. Or, choose fine full-sized cauliflowers, cut away all the leaves, and pull off the flowers by bunches; soak 2 days in brine that will float an egg; drain, put in bottles with whole black pepper, allspice, and pieces of stick cinnamon: boil vinegar, and with it mix mustard smoothly, a little at a time until thick enough to run into the jars, pour it over the cauliflower and seal while hot. Small white onions, prepared as for onion pickles, may be mixed with the cauliflower before the vinegar is added.

CELERY.

2 quarts chopped cabbage,	$\frac{1}{2}$ ounce white ginger root,
2 quarts chopped celery,	$\frac{1}{2}$ ounce turmeric,
3 quarts vinegar,	5 tablespoons sugar,
$\frac{1}{4}$ pound white mustard seed,	2 tablespoons salt.

Mix and cook slowly several hours until the cabbage and celery are tender.

CHOWCHOW—1.

$\frac{1}{4}$ peck small string beans,	$\frac{1}{4}$ pound black mustard seed,
1 dozen green peppers,	1 tablespoon celery seed,
3 dozen ears sugar corn,	2 dozen small cucumbers,
1 head cauliflower,	$\frac{1}{4}$ pound white mustard seed,
$\frac{1}{4}$ peck tomatoes,	$\frac{1}{2}$ pound ground mustard,
1 quart small white onions,	2 teaspoons turmeric powder,
2 tablespoons salad oil.	

Salt the beans, tomatoes, peppers and onions, and let them stand under pressure 12 hours. Let the cucumbers and cauliflowers stand 12 hours in brine. When ready to use cut the corn from the cob; mix everything well in a large kettle, excepting the oil and turmeric

powder, cover the whole with strong vinegar and boil it 1 hour. Take from the stove, add the turmeric, mixing it thoroughly, the oil the last, mixing that well with the other ingredients. Make this pickle late in the fall.

CHOWCHOW—2.

1 peck green tomatoes,	3 bunches celery,
3 large green peppers,	1 large head cabbage,
1 dozen large green cucumbers,	1 quart onions,
1 large head cauliflower,	1 quart wax beans,
3 tablespoons turmeric,	1 cup flour,
2 tablespoons mixed ground spices,	2 gallons vinegar.

Chop the peppers and cucumbers in a separate dish and soak over night in salt. Chop the rest, mix together, add salt, and let stand over night. The smallest onions may be left whole. A quart of very small cucumbers may be added whole. In the morning put the vinegar and sugar with the mixed spices, tied in a bag, on the stove to boil. Add the ingredients immediately after squeezing out the salt water, and boil till tender. Mix the turmeric and flour with vinegar to the consistency of a thin paste and add to the chowchow a few minutes before removing from the fire. Keep in glass jars or stone crocks without sealing.

CUCUMBERS—1.

Take small fresh cucumbers, put in layers in a jar sprinkling them with salt. When full, pour all the cold water over them the jar will hold. Let stand from 1 to 3 days according to the saltiness desired or the heat of the weather. Drain off and rinse with plenty of water. Put sugar and vinegar to boil in the proportion of 1 cup sugar to 1 quart vinegar. Drop in a bag containing 2 tablespoons cinnamon, 2 teaspoons cloves and 1 teaspoon ginger, let come to a boil, and pour over the cucumbers. If desired put in a few red pepper pods. When cold, cover, and use in 2 or 3 days. These are crisp and keep well. Or, pack tiny cucumbers into large glass jars, sprinkle with a little white sugar, and put in a small green pepper and a piece of horse-radish here and there. When the jars are full pour on boiling vinegar, seal quickly and set on a rack in a boiler of warm water, bring to the boiling point, give the covers an extra screw, and keep the cans in a cool, dark place.

CUCUMBERS—2.

The cucumbers must be gathered while very small, and handled as little as possible. Lay in a weak solution of salt and water, with a weight on them. Let them remain over night. The next day rinse with clear water, and put a layer in a porcelain kettle. Add a few bits of bruised horse-radish roots, and slice 3 onions; then another layer of cucumbers with the onions until the kettle is nearly full. Pour in pure cider or maple vinegar to nearly cover the pickles, and set the kettle on top of the stove until the contents become scalding hot, not boiling. Occasionally shake the kettle gently to change the position of the contents. Pack in glass jars when the pickles are thoroughly heated, leaving out the bits of horse-radish, and onions. The former keeps the pickles from becoming moldy, and the vinegar from becoming insipid or ropy. The onion may be omitted entirely. Many pickles can be packed in a quart jar by a little good management. Pickles put up in this way will keep crisp and fresh for years.

CUCUMBERS GREENED.

Put in strong brine as fast as they are gathered from the vines. When enough have accumulated, drain, and line a kettle with the youngest leaves of the wild grape vine; put in the cucumbers, discarding all the soft ones, and sprinkle with powdered alum in the proportion of 1 teaspoon alum to 1 gallon cucumbers. Add a very little water, cover closely and steam several hours. They must not come even to the boiling point, but be kept hot enough to steam. When sufficiently green, pack in stone jars, and pour over boiling vinegar, to which has been added sugar in the proportion of 1 cup to 1 gallon vinegar, a few whole peppers, a teaspoon whole cloves, allspice and a little celery seed. Heat the vinegar every week for 4 weeks; cover the jar closely, putting a weight on the cucumbers to keep them under the pickle. In a little while they will be ready for use.

CUCUMBERS, SLICED.

Slice an equal number of medium-sized cucumbers and lemons; sprinkle with salt and let stand 2 hours; drain well, and drop in hot vinegar to which a few pepper pods have been added. Let

them come to a boil, and spices may be added. Seal in glass jars. These resemble fresh cucumbers.

MANGOES.

1 cup mustard seed,	1 teaspoon celery seed,
$\frac{1}{2}$ cup scraped horse-radish,	1 teaspoon nutmeg scraped fine,
1 teaspoon mace,	$\frac{1}{2}$ teaspoon ginger,
2 tablespoons chopped onions,	$\frac{1}{2}$ teaspoon whole peppercorns.

Green muskmelons and peppers that are full grown may be substituted for the real mangoes. Cut a slit in, or take out a small round from the side of the fruit and remove the seeds. Let the mangoes lie 70 hours in strong brine, and then 24 hours in cold water, using ice water the last 3 hours to make them firm. Mix the ingredients given above, and to every pint add half a tablespoon each sugar and ground mustard, and 1 teaspoon best salad oil. Stir thoroughly, fill the mangoes, tie them tightly with twine, putting in the circle cut from the side. Pack in a deep stone jar. Pour over them boiling vinegar, and repeat the process every second day for 10 days.

PEACH MANGOES.

Take fine large freestone peaches; extract the stone from the side with a sharp knife, lay the peaches in a jar and cover with salted water; let them stand 24 hours; take out and drop into cold water for 10 minutes. Wipe very dry and fill each cavity with horse-radish and mustard seed prepared as follows. Use in equal proportions. Before mixing, pour boiling water on the mustard seed, adding 1 saltspoon salt to 2 tablespoons seed, and let stand 15 minutes, then add to the horse-radish, chopped fine, with a little ginger root and 2 cloves. Sew up the peaches, and pack very closely in a stone jar. Add 1 pint sugar to 3 pints vinegar, boil and pour over the fruit. These may be used in a week.

MUSHROOMS.

Wipe button mushrooms carefully with a clean cloth; sprinkle with a little salt and put them in a saucepan with a little water, pieces of mace and a few peppercorns. Simmer slowly, shake frequently, and let the liquor dry out, but take the mushrooms off before they are dry. Cover them with cold vinegar, heat them in it and put into jars. When cold, seal or tie them up tightly.

NASTURTIUMS.

Pick small, green nasturtiums, throw them into salt and water, adding fresh ones daily, and change the water at the end of 3 and then 4 days. Pour off the brine, and cover with scalding vinegar.

ONIONS.

1 gallon onions,	2 teaspoons chopped horse-radish,
4 tablespoons stick cinnamon,	2 teaspoons chopped cloves,
	$\frac{1}{2}$ teaspoon cayenne pepper.

Peel small silver-skin onions, and let them lie 3 days in brine that will float an egg. Drain and place in a jar in layers 3 inches deep; sprinkle each layer with the mixed spices. Add 1 pound brown sugar to 1 gallon vinegar, boil and pour it immediately over the onions. Or, peel small, white onions, and boil them in equal portions of sweet milk and water until they begin to grow tender. Drain them, put in jars, and cover with hot, spiced vinegar.

PEPPERS.

Use large green sweet peppers; make a small incision at the side, take out all the seeds, being careful not to mangle them; soak 2 days in brine that will float an egg, changing the water twice; stuff with chopped cabbage, or tomatoes seasoned with spice as for mangoes, omitting the cayenne pepper, or a mixture of nasturtiums, chopped onions, red cabbage, grapes, and cucumbers, seasoned with mustard seed and a little mace. Sew up the incision, place in a jar, and cover with cold, spiced vinegar.

PICCALILLI.

1 large white cabbage,	50 small cucumbers,
5 quarts small string beans,	4 yellow cucumbers,
12 heads celery,	5 red peppers,
2 heads cauliflower,	3 green peppers.

Chop fine, soak over night in salt water, wash well, drain thoroughly, and pour over them hot vinegar spiced with mustard, mace, cinnamon, and allspice; scald thoroughly and keep in stone jars.

ATZJAR PICKLES.

4 quarts apple vinegar,	1 teaspoon whole black pepper,
1 tablespoon white mustard seed,	1 teaspoon whole cloves,
1 tablespoon black mustard seed,	1 teaspoon celery seed,
1 tablespoon powdered ginger root,	1 teaspoon turmeric,
1 teaspoon powdered alum,	Sticks of cinnamon and mace.

Mix these ingredients, and put in a large jar. Cover, and tie the mouth tightly while the vegetables are being prepared in the following manner. Gather small green cucumbers, small green tomatoes, green beans, small heads of cabbage, cut into quarters, hard white silver-skin onions, the only variety that the vinegar will not soften, and cauliflowers. Clear out the interior of large, green, bellpeppers, and small, green cantaloupes, or citrons, and stuff with chopped cabbage and green tomatoes, tying them together afterwards. Throw all these vegetables into a strong brine in the morning; take them out the fourth morning and wipe every piece, separately, with a clean cloth or towel. Spread in the hot sun, letting them remain all day; take them in at sunset, and throw into the prepared vinegar. They will look all shriveled up, and the pickles will seem to be utterly ruined; but cover up the jar tightly, and let it alone for a month and they will be found to be very nice. The tabulated proportions are given for 1 gallon pickles.

CHOPPED PICKLE.

3 green or ripe bellpeppers,	2 tablespoons mustard seed,
2 tablespoons chopped horse-radish,	1 saltspoon salt,
1 peck green tomatoes.	

Slice the peppers, let them lie in salt water over night; drain and chop fine in the morning. Let the salt and mustard seed lie 15 minutes in boiling water, then add with the horse-radish to the peppers. Wash the tomatoes, cut a small piece from each end, slice and chop fine; put in a jar, stir in 1 cup salt and let stand 24 hours. Take twice as much chopped cabbage as tomatoes, mix with 2 cups salt, and let stand 24 hours. Drain, place again in separate jars and cover with cold weak vinegar. After 24 hours drain the cabbage again thoroughly; let the tomatoes and vinegar boil 3 minutes, stirring all the time. Pour out, and when cold squeeze until dry. Mix the tomatoes and the cabbage, and put into a stone jar in layers until nearly full. Sprinkle each layer with the pepper, mustard, and horse-radish mixture, adding occasionally a little cayenne pepper. Cover with strong vinegar to which sugar has been added in the proportion of 1 cup to 1 gallon. Place a plate on the pickle to keep it under the vinegar. If a white scum rises, drain off the vinegar, boil, skim, and pour it while boiling over

the pickle. Tomatoes and onions may be prepared in the same way. Sliced pickles are prepared in a similar manner.

MIXED PICKLES.

300 small cucumbers,	3 cabbages,
1 quart string beans,	$\frac{1}{4}$ pound white mustard seed,
1 quart green tomatoes,	$\frac{1}{4}$ pound black mustard seed,
4 green peppers,	$\frac{1}{2}$ pint ground mustard,
3 large cauliflowers,	1 tablespoon black pepper,
9 large onions,	Vinegar.

Slice the tomatoes, onions and peppers; cut the beans in inch lengths; shave the cabbage; break the cauliflower in bunches; soak these with the cucumbers in a strong brine 24 hours. Drain 3 hours, sprinkle with the mustard seed and pepper, cover with vinegar, and boil. Drain again, and when cold stir in the ground mustard. Cover with good vinegar. Turmeric may be used for color.

SPANISH PICKLES.

1 dozen cucumbers,	3 ounces white mustard seed,
1 peck green tomatoes,	1 ounce turmeric,
4 heads of cabbage,	1 ounce celery seed,
12 onions,	1 box Colman's mustard,
	$2\frac{1}{2}$ pounds brown sugar.

Let the cucumbers stand 3 days in brine that will float an egg; slice the onions, and chop the cabbage and tomatoes the day before making, and sprinkle with salt in the proportion of half a pint to 1 peck. Squeeze the brine out of the cucumbers, wipe, peel and slice; let all simmer slowly together in a kettle half an hour, and then bottle.

TOMATO PICKLES.

8 quarts sliced green tomatoes,	2 teaspoons ground cinnamon,
1 head chopped cabbage,	2 teaspoons ginger,
8 chopped peppers,	2 teaspoons ground cloves,
1 pint sliced onions,	2 teaspoons black pepper,
1 small cup salt,	2 teaspoons celery seed,
$\frac{1}{4}$ pound sugar,	3 teaspoons white mustard seed,
$\frac{1}{2}$ gallon vinegar,	Nasturtiums to taste.

Put the salt on the onions, cabbage, and tomatoes, let stand over night, and drain in the morning; add the other ingredients and boil the pickle 15 minutes.

VIRGINIA PICKLES.

$\frac{1}{2}$ peck green tomatoes,	$\frac{1}{2}$ pound white mustard seed,
$\frac{1}{2}$ peck small onions,	$\frac{1}{3}$ cup ground black pepper,
25 medium cucumbers,	$\frac{1}{2}$ ounce ground cinnamon,
15 large white onions,	1 ounce celery seed,
4 heads cabbage,	2 ounces turmeric,
1 pint grated horse-radish,	6 quarts vinegar.

Slice the tomatoes, large onions, and cabbage; quarter the cucumbers lengthwise, and cut in two-inch strips; leave the small onions whole. Mix thoroughly with salt and let stand 24 hours; drain, and pour on vinegar and water. Let stand a day, and drain well; add the spices, except the ground mustard, and pour the vinegar, boiling hot, over the pickles. Heat the same vinegar and pour over the pickles for 3 successive mornings. The third morning add 1 pound of sugar to the vinegar before boiling. Mix the mustard and oil together with a small portion of the vinegar and add when cold.

PICKLED WALNUTS.

1 gallon vinegar,	1 tablespoon whole cloves,
$\frac{1}{2}$ pint sugar,	1 tablespoon whole pepper,
12 blades mace,	1 teaspoon whole allspice.

Gather the nuts when soft enough to pierce with a needle; let them lie 6 days in strong brine; drain, wipe them dry, pierce with a large needle and throw into cold water. After 6 hours drain off the water, and pack the nuts in jars. Prepare the vinegar according to the given proportions, boil 6 minutes, and pour over the nuts. In 2 and 4 days heat the vinegar, and pour it over the pickles. After standing 1 week more, repeat the process. Butter-nuts may be pickled in like manner.

TO KEEP PICKLES FROM GETTING SOFT.

To 1 barrel of pickles, when in brine, add half a bushel of grape leaves. This will keep them sound and firm.

SWEET PICKLES.

Sweet pickles may be made of any fresh fruit that can be preserved, including the rinds of ripe melons and cucumbers. The proportion of sugar to vinegar for syrup is three pints to a quart. Sweet pickles may be made of preserves by boiling the syrup and

adding spices and vinegar. Examine frequently, and scald the syrup if there are signs of fermentation. Plums and other smooth-skinned fruits should be pricked before cooking. The principal spices for sweet pickles are cinnamon and cloves. The following is a good general recipe for all sweet pickle, though more or less sugar may be used according to the acidity or sweetness of the fruit.

GENERAL RECIPE.

7 pounds fruit,	1 teaspoon bits of mace or nutmeg,
3½ pounds sugar,	½ tablespoon whole cloves,
1 pint vinegar,	2 tablespoons stick cinnamon.

Extract the strength of the spices by simmering in a very little water; ground spices may be used if tied in a bag. Strain the water, add to the vinegar and sugar, and when the syrup boils pour it over the firm fresh fruit. Repeat this scalding process three successive days. The fourth day boil all five minutes and fill the jars. Or, the scalding process may be omitted, if the fruit is put immediately into the boiling syrup and allowed to simmer slowly from fifteen to twenty-five minutes. Cucumbers or melons are improved by adding two sliced lemons and two ounces of ginger root to the above recipe.

APPLES.

7 pounds apples,	1 pint water,
4 pounds sugar,	1 ounce whole cloves,
1 quart vinegar,	2 ounces stick cinnamon.

Use crab or the ordinary apples. Pare, core and quarter the latter; cook in the hot, spiced syrup; avoid crowding, and take the apples out when they can easily be pierced with a straw. Put them in a jar and cover with the hot syrup when reduced by boiling to the amount needed. Or, take equal quantities of fruit and sugar. Make a syrup of the sugar, 1 quart of vinegar and 1 pint water; add spice as given above. If the spices are ground, tie them in a bag, and if whole steep them in the water before adding to the syrup. Select perfect, ripe apples, cook a few at a time until tender. Fill a stone jar and cover with the hot syrup. The spices may be omitted.

BEETS.

4 pounds brown sugar,	1 ounce whole cloves,
1 gallon cider vinegar,	1 ounce ginger root,
1 ounce stick cinnamon,	2 red peppers,
$\frac{1}{4}$ ounce whole peppers.	

In the fall when beets are ripe, prepare small ones for pickling by boiling them in the ordinary way until tender; remove the skins and pack them closely into stone jars without slicing. While they are still warm, cover with the hot spiced syrup. Scald the syrup for 3 successive days and pour over the beets. Tie a heavy cloth, and brown paper cover over the jar. This amount of syrup will cover 4 gallons of beets. They will keep best just above the freezing temperature.

BLACKBERRIES.

6 pounds berries,	2 teaspoons cinnamon,
2 pounds sugar,	1 teaspoon cloves,
1 pint vinegar.	

Make a syrup of the sugar, vinegar and spices. When hot, cook the fruit 10 minutes; skim the berries into a gallon jar, cover with the syrup, and turn a plate over them to keep them below the surface. Tie a double fold of cloth and thick paper over the jar when the fruit is cold. Or, can the berries while hot.

CHERRIES.

1 pint sugar,	1 tablespoon cinnamon,
1 pint vinegar,	$\frac{1}{2}$ tablespoon cloves.

Make a syrup, and add the spices tied in a bag. When it boils drop in large firm cherries, first pricking them with a needle. Cook a few at a time, and skim out when tender into a jar. Fill to within an inch of the top, and cover with a plate easily fitting inside. Let the syrup boil down to the desired quantity and pour over the cherries. Heavy cloth and thick brown paper should be tied over the jar when the fruit is cold. Good for use in three months.

CUCUMBERS—1.

1 pint sugar,	$\frac{1}{4}$ ounce whole cloves,
1 quart vinegar,	$\frac{1}{4}$ ounce mace,
1 ounce stick cinnamon.	

Select ripe solid cucumbers, pare, quarter, remove the seeds, and endeavor to have the pieces of uniform size. Soak over night in

2 gallons of soft water, to which has been added 1 teaspoon alum and a cup of salt. In the morning drain thoroughly, and add to the hot, spiced syrup. Avoid crowding. Cook slowly until tender, and take out the pieces into a jar. When done and cool, turn a plate over them; cover the jar with buttered paper, and tie it on tightly, putting two thicknesses of pasteboard over it. These pickles keep perfectly two years.

CUCUMBERS—2.

3 pounds sugar,	2 quarts vinegar,
1 ounce cloves,	2 ounces cinnamon,
7 pounds cucumbers.	

Pare the cucumbers, scrape out the seeds, cut into strips and let stand over night in salt and water. In the morning drain, and cook till tender. Make a hot, spiced syrup, put in the cucumbers, cook 20 minutes and can.

CURRANTS—1.

3 pounds sugar,	$\frac{1}{2}$ tablespoon cinnamon,
5 pounds currants,	$\frac{1}{2}$ cup raisins,
1 pint vinegar,	1 nutmeg.

Tie the grated nutmeg and cinnamon in a bag and add with the raisins to the syrup. When the raisins are cooked, take out the spices, add the currants stemmed, and let them boil 5 minutes, skim them out into a jar. Boil the syrup 10 minutes and pour over the fruit. When cold cover closely, and set in a cool dry place. Blueberries may be spiced by this recipe.

CURRANTS—2.

5 pounds stemmed currants,	1 tablespoon cinnamon,
4 pounds sugar,	2 teaspoons cloves,
1 pint vinegar.	

Let the currants be barely ripe. Boil the spices in a bag in a little water until their strength is extracted, and add the water to the hot syrup with the currants. Cook them slowly 15 minutes. Skim them out into a large jar. If the syrup resembles jelly pour over the fruit; if not, boil it down and add to the currants. When cold cover tightly and keep in a cool dry place. This is an old-fashioned recipe.

ELDERBERRIES.

4 pounds sugar,	2 ounces stick cinnamon,
1 pint cider vinegar,	2 ounces cloves,
8 pounds berries.	

Boil the sugar, vinegar, cinnamon and cloves 10 minutes; skim out the spices and put in the berries; boil thoroughly, skim out the berries and let the syrup boil down to half the quantity. Pour it over the berries and seal while hot.

GOOSEBERRIES.

3 pints sugar,	1 pint vinegar,
Cinnamon and cloves.	

Make a hot syrup and add ripe gooseberries, carefully wiped; boil until tender, and when half done add the spices. The pickle should have a jelly-like consistency. Pack in small jars and cover closely.

GRAPES—1.

3 pounds sugar,	2 tablespoons cinnamon,
6 pounds grapes,	2 teaspoons cloves,
1 pint vinegar,	1 teaspoon mace.

Boil the grapes till tender and put through a coarse sieve or colander to remove skins and seeds. Cook 1 hour in the hot spiced vinegar.

GRAPES—2.

3 pounds sugar,	1 ounce cinnamon,
7 pounds fruit,	1 grated nutmeg,
1 quart vinegar.	

Tie the spices in a bag and boil in the syrup. Take perfect bunches of grapes, lay them in the boiling syrup until thoroughly heated. Lift them into jars, pour the syrup over them, and cover when cold.

MELONS.

5 pounds fruit,	½ ounce whole cloves,
3 pounds sugar,	1 quart vinegar,
1 ounce stick cinnamon.	

Select nutmeg melons, not quite ripe; open them, scrape out the pulp, peel, slice and put in a stone jar; scald the sugar and vinegar together and pour over the fruit daily, for 8 successive days. The ninth day scald the fruit, vinegar and spices together, and seal

in jars. This pickle should stand 2 or 3 months before using. Blue plums are delicious prepared in this way.

PEACHES.

3 pints vinegar,	5 pounds sugar,
1 ounce cloves,	7 pounds fruit,
2 ounces cinnamon.	

Pour boiling water over medium-sized peaches and pare with a silver knife. Extract the strength of the spices in a little water, and add to the sugar and vinegar. Drop the peaches into the boiling syrup, avoid crowding, and when easily pierced with a broom straw put in jars. Cover with the syrup and seal; or, pack in stone crocks with covers well tied on. Peaches may be rubbed carefully to remove the down, and cooked without paring. If sourer peaches are desired take 3 pounds sugar to 7 pounds fruit.

PEARS.

Use the general recipe. The pears may or may not be pared. Make the spiced syrup, and when boiling lay in the pears, cover and boil slowly. Take out when tender, pour over them the boiling syrup, and when cold, tie a cotton and paper cover over the jar.

FRENCH PICKLE.

1 peck green tomatoes,	1 tablespoon cinnamon,
6 large onions,	$\frac{1}{2}$ tablespoon cloves,
2 quarts vinegar,	$\frac{1}{2}$ tablespoon allspice,
2 pounds brown sugar,	$\frac{1}{2}$ tablespoon ginger,
1 cup salt,	1 teaspoon cayenne pepper,
$\frac{1}{4}$ pound white mustard seed.	

Slice the tomatoes and onions, place them in layers in a jar, sprinkling with the salt; let stand 24 hours. Drain, and boil 20 minutes in 2 quarts water and 1 quart vinegar, and drain again. Put the mustard seed, sugar, and spices tied in a bag into the vinegar. When hot add the pickle and boil 15 minutes, or until clear and tender.

PLUMS.

8 pounds plums,	2 teaspoons cinnamon,
4 pounds sugar,	1 teaspoon cloves,
1 pint vinegar.	

Make a hot spiced syrup, and drop in the plums after they have been carefully wiped. Cook slowly, avoid crowding them, and take

out into a stone jar. Cook the syrup a little longer, and pour over the plums. Cover when cold.

EUCHRED PLUMS.

9 pounds blue plums,	1 ounce cinnamon,
6 pounds sugar,	1 quart vinegar.

Make a spiced syrup, and pour while boiling over the plums. For four successive days turn off the syrup, bring to a boil and pour over the fruit. The fifth day boil all 20 minutes.

RAISINS.

2 pounds raisins,	$\frac{1}{2}$ pound sugar,
1 pint vinegar.	

Make a hot syrup, add the raisins on the stem, and simmer slowly half an hour.

STRAWBERRIES.

6 quarts berries,	3 pints sugar,
2 cups vinegar.	

Fill a jar with layers of berries, sprinkling each layer with cinnamon and cloves. Pour over them the hot syrup, and let stand 24 hours. Pour off the syrup, heat and return to the fruit. Let stand 24 hours, and boil all slowly 25 minutes. Keep in covered jars. To keep the strawberry flavor omit the spices. Pineapple may be prepared in the same way.

GREEN TOMATO—1.

2 pounds firm tomatoes,	$1\frac{1}{2}$ pounds brown sugar,
1 pint strong vinegar.	

Pare the tomatoes and cook 30 minutes in equal parts of vinegar and water. Make a syrup, spice with bits of mace, cinnamon and ginger root, and boil 20 minutes. Add the tomatoes, well-drained, and cook 45 minutes. Put into jars and pour over the syrup; when cool, cover tightly and keep in a cool dry place.

GREEN TOMATO—2.

8 pounds green tomatoes,	2 teaspoons cinnamon,
4 pounds brown sugar,	1 teaspoon mace,
1 quart vinegar,	1 teaspoon cloves.

Chop the tomatoes fine, add the sugar and boil 3 hours. Pour into the tomatoes the spiced vinegar and boil 15 minutes. Cool, put in jars and cover closely.

RIPE TOMATO.

4 pounds sugar,

7 pounds fruit,

1 quart vinegar.

Boil sticks of cinnamon in the syrup, and add the tomatoes, pared and drained, and cook until quite thick; they must be kept in air-tight cans, and watched closely.

SPICED TOMATO.

4 pounds fruit,

 $\frac{1}{2}$ ounce stick cinnamon,

2 pounds brown sugar,

 $\frac{1}{4}$ ounce whole cloves,

1 pint vinegar.

Make a hot spiced syrup, and cook the tomatoes; take them out and let the syrup cook slowly. When the tomatoes are cool return to the syrup and cook ten minutes. When cold put in jars. The syrup must be as thick as molasses, and cold before pouring over the fruit. Seal or tie them up carefully.

WATERMELON.

2 quarts vinegar,

1 ounce cinnamon,

6 pounds sugar,

 $\frac{1}{2}$ ounce cloves,

4 quarts watermelon pieces.

Remove the green rind from a ripe watermelon, trim off the soft red core, cut in 2-inch pieces, sprinkle with salt, and let stand all night. In the morning rinse well and drain. Put the spices in a bag and add to the sweet vinegar. Put in the fruit and boil slowly till tender. Take out the melon into a stone jar, boil down the liquid till a sufficient quantity is left to cover the pickle, pouring it on while scalding hot. The syrup may be drained off, scalded and poured over the melon in a few days. Or, cover the same amount of melon pieces with water, adding 1 tablespoon salt, and boil till tender. Or, steam them over the salted water. Drain, wipe, put into a boiling syrup made in the given proportions; take out the fruit in 20 minutes, or when clear, and cover with the liquid, which may be turned off heated and poured over the melon for three successive days.

RELISHES.

CATSUPS, sauces and vinegars come under this caption and are served with various dishes, or incorporated into others, to give an appetizing or piquant flavor.

COLD CATSUP.

½ peck tomatoes, .	½ cup salt,
4 heads celery,	½ cup white mustard seed,
3 white onions,	2 red peppers,
1 cup nasturtiums,	1 tablespoon black pepper,
1 cup horse-radish,	1 tablespoon ground cinnamon,
1 cup sugar,	1 teaspoon ground cloves,
1 quart vinegar.	

Chop ripe tomatoes and the onions and sprinkle with salt, letting them stand 2 hours. Chop finely the celery, red peppers and nasturtium seeds, and grate the horse-radish. Mix these with the salt, spices, sugar, and vinegar. Drain the tomatoes and onions, mix thoroughly with the other ingredients, and seal in jars.

CUCUMBER CATSUP.

3 onions,	1 tablespoon salt,
3 red peppers,	1 quart vinegar,
12 large ripe cucumbers.	

Pare, seed and grate the cucumbers. Let the pulp drain all night from a thin bag. Throw away the juice and add the salt and vinegar to the pulp, with finely chopped onions and peppers. Mix well and seal in bottles. Serve with fish.

CURRENT CATSUP.

3 quarts currant juice,	1 tablespoon cinnamon,
3 pounds sugar,	1 teaspoon cloves,
1 pint vinegar,	1 teaspoon pepper,
1 teaspoon nutmeg.	

Boil 20 minutes, then put in bottles and cork tight.

GOOSEBERRY CATSUP.

8 pounds gooseberries,	4 ounces cinnamon,
4 pounds brown sugar,	2 ounces cloves,
1 pint vinegar.	

The gooseberries should be almost ripe. Wash and put them

into a porcelain kettle ; mash, scald and rub them through a coarse sieve ; add the sugar and boil 3 hours, then the spices tied in a bag, and cook a little longer. Add or omit vinegar and bottle immediately.

GRAPE CATSUP.

5 pounds grapes,	1 tablespoon cinnamon,
2½ pounds sugar,	1 tablespoon cloves,
1 tablespoon allspice,	½ tablespoon salt,
1 tablespoon pepper,	1 pint vinegar.

Stew the grapes over a slow fire until soft. Then strain through a sieve. Add the sugar, vinegar and spices. Boil until thickened and bottle.

MUSHROOM CATSUP.

1 ounce whole allspice,	½ ounce ginger root,
24 whole cloves,	1 blade mace.

Wipe freshly-gathered mushrooms and put in layers in an earthen dish, sprinkling each layer with salt. Cover with a damp folded cloth, and let stand 36 hours in a warm place. Strain through a coarse sieve. To 1 quart juice add 1 ounce peppercorns ; put in a kettle and boil half an hour ; add the spices, let simmer gently 15 minutes, take from the fire and cool. When cold, strain and seal in glass bottles.

SUPERIOR CATSUP.

½ bushel tomatoes,	1 tablespoon cayenne pepper,
3 tablespoons salt,	1 tablespoon allspice,
2 tablespoons sugar,	1 tablespoon cloves.

Slice the tomatoes, boil 15 minutes or till tender, strain through a hair sieve, add the other ingredients and cook down slowly in a porcelain-lined kettle to half the quantity. Three white onions may be added, and if very sour catsup is liked one cup of vinegar, just before bottling ; otherwise it is no improvement.

GREEN TOMATO CATSUP.

4 quarts tomatoes,	2 tablespoons mustard,
2 quarts cabbage,	2 tablespoons pepper,
1 pint onions,	2 tablespoons ginger,
6 pods red peppers,	1 tablespoon cloves,
1 pound brown sugar,	1 tablespoon cinnamon,
1 tablespoon horse-radish,	1 tablespoon mace.

Chop finely the tomatoes, cabbage, onions and peppers ; sprinkle

with salt and let stand over night. Drain, add the spices and sugar and boil slowly 4 hours; it should be thick and smooth. Keep in bottles.

TOMATO CATSUP.

1 bushel tomatoes,	2 ounces allspice,
12 white onions,	1 ounce cloves,
2 pounds brown sugar,	2 ounces mustard,
2 quarts vinegar,	2 grated nutmegs,
1 pint salt.	

Select firm ripe tomatoes, wipe them with a damp cloth, and slice into a porcelain-lined kettle. Pour over them 3 pints water, and throw in the sliced onions and 2 handfuls peach leaves. Boil till the tomatoes are soft, which will take from 1 to 2 hours. Strain through a coarse sieve, return the liquid to the kettle and add the spices ground and mixed, the salt, sugar and vinegar. Mix well together before setting over the fire. Boil slowly 2 hours, stirring almost constantly to prevent burning. Cayenne pepper may be added to taste. Fill bottles and seal. Keep in a cool dry place.

WALNUT CATSUP.

Gather walnuts while sufficiently tender to run a needle through them. Pound in stone mortar. Put them into a porcelain-lined kettle, cover with water and cook slowly 2 or 3 hours. Strain, and add to the liquor 1 teaspoon each ground mace and cloves; boil down to one-third the quantity. Fill the bottles with equal parts of the mixture and strong vinegar and seal immediately. A little garlic may be added with the spices.

WORCESTERSHIRE CATSUP.

1 gill walnut catsup,	$\frac{1}{2}$ ounce cayenne pepper,
$\frac{1}{4}$ gill made mustard,	10 whole cloves,
4 heads bruised garlic,	1 blade mace,
6 mashed anchovies,	1 quart vinegar.

Mix all the ingredients but the catsup and mustard, cover and let stand 18 hours. Sift and add the catsup and mustard. Keep 2 weeks in a stone jug; then bottle and seal.

PREPARED HORSE-RADISH.

1 coffeecup grated horse-radish,	2 tablespoons white sugar,
$\frac{1}{2}$ teaspoon salt,	1 pint cold vinegar.

Mix thoroughly and keep well corked in a large-mouthed bottle.

PREPARED MUSTARD—1.

2 tablespoons mustard,	1 teaspoon sugar,
1 tablespoon butter,	$\frac{1}{2}$ teaspoon salt,
1 tablespoon cream,	Cayenne pepper,

Boiling water.

Mix mustard, sugar, salt, and a sprinkling of pepper in a stone cup. Set on the stove and pour slowly into it the water until very thin. Let boil slowly, stirring occasionally until of the required thickness. Add butter, beating it in well. Take off and stir in a little cream; it adds to the softness of the mustard but may be omitted. One tablespoon vinegar may be added.

PREPARED MUSTARD—2.

3 tablespoons ground mustard,	1 tablespoon flour,
1 teaspoon sugar,	$\frac{1}{8}$ cup boiling water,
1 teaspoon salt,	$\frac{3}{8}$ cup vinegar.

Mix the mustard, flour, salt and sugar; pour on boiling water until a smooth paste is made; boil until thick and add the vinegar when cold. This resembles the French mustard.

TOMATO MUSTARD.

1 tablespoon cayenne pepper,	1 tablespoon black pepper,
1 teaspoon cloves,	2 tablespoons mustard,
2 tablespoons salt,	1 peck tomatoes.

Cut the tomatoes in small pieces and boil till tender; rub through a sieve and boil till nearly dry; add the spices and boil a little longer; when cold, bottle and cork it tightly. If not salt enough, add more before the last boiling. Put a tablespoonful of sweet oil on the mustard before it is corked, to exclude the air.

CURRY POWDER.

$\frac{1}{4}$ pound cayenne pepper,	3 ounces coriander seed,
1 ounce ginger,	1 ounce mustard,
1 ounce pepper,	$\frac{1}{2}$ ounce cardamom,
3 ounces tumeric,	$\frac{1}{4}$ ounce cummin seed.

Powder, mix and sift these spices, and keep in a tightly corked bottle. One teaspoonful of the powder is sufficient for ordinary use.

SPICED SALT—1.

$\frac{1}{8}$ ounce cayenne pepper,	$\frac{1}{4}$ ounce bay leaf,
$\frac{1}{4}$ ounce thyme,	$\frac{1}{4}$ ounce marjoram,
$\frac{1}{4}$ ounce pepper,	$\frac{1}{8}$ ounce cloves,
$\frac{1}{2}$ ounce nutmeg, grated.	

Dry, powder and sift these and mix thoroughly. To every 4 ounces of this mixture add 1 ounce of salt. This is an excellent seasoning for soups, dressings, and veal loaves. One ounce powder is sufficient for three pounds.

SPICED SALT—2.

4 ounces salt,	$\frac{1}{4}$ ounce cayenne pepper,
1 ounce thyme,	1 ounce black pepper,
1 ounce summer savory,	1 ounce sweet majoram,
$\frac{1}{2}$ ounce cloves,	1 ounce celery salt,
$\frac{1}{2}$ ounce mace,	$\frac{1}{2}$ ounce allspice.

Mix all together, sift several times, and keep the salt closely covered.

CHETNEY SAUCE.

1 pound sour apples,	$\frac{1}{2}$ ounce cayenne pepper,
1 pound raisins,	1 quart vinegar,
$\frac{1}{2}$ pound fine salt,	1 pound sugar,
$\frac{1}{4}$ pound onions,	$\frac{1}{4}$ pound ginger.

Stone the raisins, bake and mash the apples, taking out the cores and skins, grate the onions, mix all the ingredients together and boil. Stir occasionally, and bottle in 2 days. Tomatoes may be used instead of apples.

INDIAN CHETNEY SAUCE.

$\frac{1}{2}$ pound sour apples,	$\frac{1}{4}$ pound powdered ginger,
$\frac{1}{2}$ pound ripe tomatoes,	$\frac{1}{4}$ pound cayenne pepper,
$\frac{1}{2}$ pound raisins,	2 ounces garlic,
$\frac{1}{2}$ pound salt,	2 ounces shallots,
$\frac{1}{2}$ pound brown sugar,	3 quarts vinegar,
1 quart lemon juice.	

Stone the raisins, pare, core, and chop the apples fine and add the rest of the ingredients. Mix well together; put in a closely covered jar; keep in a warm place, and stir daily for a month. Strain and put away in bottles for use.

CHILI SAUCE.

12 large ripe tomatoes,	4 ripe, or 3 green peppers,
2 onions,	2 tablespoons salt,
2 tablespoons sugar,	1 tablespoon cinnamon,
3 cups vinegar.	

Peel the tomatoes and onions, add the peppers, slice and chop fine. Mix with the other ingredients and boil $1\frac{1}{2}$ hours. This will keep a long time bottled and set in a dry, dark, cool place.

HORSE-RADISH SAUCE.

1 tablespoon tumeric,	1 cup grated horse-radish,
1 tablespoon mustard,	4 tablespoons vinegar,
1 tablespoon sugar,	4 tablespoons olive oil.

Beat all together well. Serve with cold fish.

PEPPER SAUCE.

3 dozen peppers,	2 heads chopped cabbage,
1 grated horse-radish root,	Mustard seed, cloves and sugar.

Boil in 2 quarts of vinegar and strain through a sieve.

GREEN TOMATO SAUCE.

4 quarts tomatoes,	1 tablespoon cinnamon,
1 pint onions,	2 tablespoons salt,
1 pint sugar,	1 tablespoon mustard,
2 quarts vinegar,	2 teaspoons allspice,

Cayenne pepper to taste.

Chop the tomatoes and onions very fine. Mix the other ingredients, heat, add the chopped vegetables and cook $1\frac{1}{2}$ hours, or till very tender. Bottle and keep like Chili sauce.

CHILLY VINEGAR.

Put 50 chopped or bruised chillies into a pint of finest vinegar.

CLOVER VINEGAR.

2 quarts clover blossoms,	1 quart molasses,
9 quarts soft water,	1 pint yeast.

Pour the boiling water over the molasses; when at the temperature of new milk, add the clover blossoms and the yeast. In 2 weeks strain through a bag. Nothing will mould in this vinegar.

CRESS VINEGAR.

Add 2 quarts vinegar to 1 ounce crushed cress.

HONEY VINEGAR.

1 quart clear honey,	8 quarts warm water,
	1 pint yeast.

Mix well, add yeast and keep in a warm place till sufficiently sour. After the acetous fermentation, a white vinegar will be formed, in many respects superior to the common vinegar.

HOME-MADE VINEGAR.

Put all parings of apples as they accumulate into a stone crock, keeping them covered with water. When soft, squeeze the pulp through a jelly bag, put the liquid in jugs, adding any sweets that may have been saved, and a very little brown sugar, not more than

half a pound to 1 gallon liquid. Tie a thin cloth over the mouth of the jug and set in a warm place to sour. If a little vinegar plant or mother is added the vinegar will be sooner ready for use.

HORSE-RADISH VINEGAR.

$\frac{1}{2}$ pound grated horse-radish,	1 teaspoon cayenne pepper,
2 quarts vinegar,	2 ounces shallots.

Chop the shallots fine, and add with the vinegar to the other ingredients.

MINT VINEGAR.

Fill loosely a wide-mouthed bottle with fresh, clean peppermint, spearmint, or garden parsley leaves, cover with good vinegar, cork tightly, leave 2 or 3 weeks, pour off into another bottle, and seal. This is excellent for cold meats, soups and dressings for roasts; celery seed may be used in the same way.

PEPPER VINEGAR.

Fill a quart bottle with small peppers, green or ripe, put in 2 tablespoons sugar, and fill with good vinegar. Use in fish or meat sauces.

SAP OR SUGAR VINEGAR.

Boil down 4 pails of sap to one-fourth the quantity, add the mother from good vinegar and set in a warm place. This will not be ready for use under 2 months. It is desirable to make enough to last one year. Use the same receptacle each year. The proportions for sugar vinegar are 1 quart sugar to 7 quarts moderately warm water. Add good mother, set in a warm place, or, if put in a large open-mouthed jar, tie very thin muslin over it and let it stand in the sun. Either of these recipes are nice.

SPICED VINEGAR.

3 pounds sugar,	2 ounces mustard seed,
3 ounces whole pepper,	2 ounces whole mace,
2 ounces white ginger,	2 ounces whole cloves,
2 ounces tumeric,	2 ounces whole allspice,
2 ounces celery seed.	

Cut the ginger into very small pieces; mix the spices and put them in bags of strong but thin muslin; lay them in a 3-gallon crock, and fill with good vinegar. Keep lightly covered, and use for pickles, salads, and sauces. If desired it can be put in quart or small bottles, and sealed.

TARRAGON VINEGAR.

Gather the tarragon just before it blossoms, strip it from the larger stalks and put into small stone jars or a wide-necked bottle ; in doing this twist the branches, bruising the leaves. Cover with vinegar ; let it stand 2 months or longer, pour off, strain, put into small bottles, cork well and use as sauce for meats.

MISCELLANEOUS RELISHES.

As it is the custom in many families to serve dinner at night, the midday meal is lighter and more informal. Healthful and appetizing food is as important for lunch as other meals, and the opportunity is good for serving remnants of food in an attractive and palatable form. Cheese is ordinarily a stimulant, and therefore to be used in small quantities, but is then an aid to digestion. Rusk, biscuit, crackers, or thin slices of bread and butter should be served with salads and cheese courses. Salads and fruit should form a considerable portion of the lunch, and if a dessert is served, it must be of the simplest character.

DEVILLED BISCUIT.

Split water crackers, butter, and sprinkle with grated cheese, or lay on thin slices of cheese ; pepper with cayenne, put in a pan and set in a hot oven until the cheese is melted. Serve hot. The cheese may be omitted, but more butter must then be used.

COTTAGE CHEESE.

Let the milk stand until it becomes a curd, which will take from 24 to 48 hours. Set it on the back of the stove, which must not be sufficiently warm to scald the curd. If that occurs the cheese becomes hard, leathery, and crumbles in dry grains. Let the milk stand till the whey rises to the top and the curd begins to crack. Pour it into a coarse muslin or cheese-cloth bag ; tie the top together with strong twine and hang it on a large hook or nail to drip. Catch the whey in a pan, and when it ceases to drop take down the bag and mix the curd with a little salt, a large piece of butter, and enough sweet cream to soften it. Serve very cold, either in a mass, or formed into soft balls.

SCALLOPED CHEESE.

4 slices bread,	2 cups grated cheese,
5 well-beaten eggs,	3 cups milk.

Trim the crust from the bread, butter and place in layers in a buttered pudding dish, sprinkling each slice with the cheese and a little salt and pepper. Beat the eggs thoroughly, stir into the heated milk, strain and pour over the bread and cheese. Bake in a hot oven as a charlotte.

TOASTED CHEESE.

1 cup grated cheese,	1 tablespoon butter,
$\frac{1}{2}$ cup cream,	1 egg yolk.

Cut buttered toast in dainty shapes. Set the cream on the fire, melt the cheese slowly in it, take off, and while hot stir in the butter and the beaten yolk of egg with a dash of cayenne pepper. Spread the toast with the cheese and serve immediately on hot plates. Or, toast and butter slices of bread, melt the cheese, stir into it a little pepper and made mustard, and when the cheese is thoroughly dissolved, brown and spread on the hot toast. Serve on hot plates immediately or it is spoiled.

CURDS AND WHEY.

4 quarts new milk,	4 tablespoons prepared rennet,
	Sugar and cream.

Stir the rennet into the milk while warm, and when a curd forms tie it loosely in a bag and hang it up to drain, or lay in a cloth on a sieve. When drained, cool in the ice box. If any whey remains in the dish dip it off without breaking the curd. Serve with sugar and cream. A little nutmeg grated into the cream improves the flavor. Or, when the curd forms set it in the ice box, and serve cold with cream and sugar. This should be made but a short time before using.

CHEESE AND EGGS.

$\frac{1}{2}$ cup milk or cream,	$\frac{1}{2}$ saltspoon made mustard,
1 cup grated cheese,	4 slices of toast,
4 poached eggs,	Salt and cayenne pepper.

Let the slices of toast be thin, square, well-buttered, and softened with boiling water. Keep hot. Heat the milk, add the cheese, salt, pepper and mustard, and stir until the cheese is dissolved.

Pour over the hot toast, and place an egg on the top of each slice. Serve immediately.

CHEESE FONDU.

$\frac{1}{2}$ pound grated cheese,	$\frac{1}{2}$ cup milk,
$\frac{1}{2}$ pound flour,	4 eggs,
$\frac{1}{2}$ pound butter,	Salt and pepper.

Let the milk boil; melt the butter, mix well with the flour, add to the boiling milk and stir till it thickens. Take it from the fire, and in a few minutes beat in thoroughly the yolks of the eggs, salt, pepper, cheese, and a little nutmeg, if liked. Add the well-beaten whites last and pour at once into a buttered pudding dish. Bake 20 minutes in a quick oven, and serve immediately in the same dish.

CHEESE SANDWICHES.

Butter slices of white or brown bread. Lay on one a slice of cheese one-quarter of an inch thick. Cover with another slice, and put in the oven. When the bread is toasted serve very quickly on a hot plate.

CHEESE STRAWS.

1 cup grated cheese,	$\frac{1}{2}$ saltspoon salt and cayenne,
1 cup flour,	2 ounces butter.

Mix the flour and cheese, add the butter, salt and pepper, and mix into a paste with cold water or the yolk of an egg. Roll out one-fourth of an inch thick and cut in strips half an inch wide by 6 inches long, lay on a sheet of paper and bake in a hot oven. These will bake in a few minutes. Serve cold, tied in a bunch with narrow ribbon or piled nicely on a fancy plate. Straws can be made from puff paste by rolling in grated cheese and cutting in strips.

RAMAKINS.

Puff paste may be used for these. Roll it out evenly, and sprinkle with grated armesan or any nice cheese. Fold the paste in three, roll out again, sprinkle with the cheese, fold, roll out and cut it in any fancy shape. Bake the ramakins from 10 to 15 minutes in a quick oven, and serve immediately on a hot napkin. They are improved by brushing with the yolk of an egg before baking.

RAMAKIN TOAST.

4 tablespoons grated cheese,	2 teaspoons made mustard,
2 tablespoons butter,	$\frac{1}{2}$ saltspoon cayenne pepper,
4 eggs, yolks,	1 saltspoon salt.

Mix all together, heat and spread on 6 slices of buttered toast and brown in a hot oven.

WELSH RAREBIT.

1 cup milk,	1 teaspoon made mustard,
Salt and cayenne,	3 eggs, yolks,
2 cups grated rich cheese.	

Cut the crust from slices of bread, then toast, butter, and moisten with a little boiling water. Set the milk over the fire and when boiling stir in the cheese; after it is dissolved, add the pepper, salt and mustard. Take from the stove, stir in quickly the beaten eggs, and pour at once on the hot toast. Serve immediately on hot plates. Add a little butter if the cheese is not very rich.

SANDWICHES.

The bread must be a day old. Spread lightly with butter and salad dressing, and when two slices are ready lay between them thin slices of ham, tongue or corned beef. Cut the slices in halves, triangles, squares, diamonds, or crescents. Or, the meat may be chopped finely, seasoned with a dressing, and spread on the buttered slices. A crisp lettuce leaf between the salad and the bread gives an attractive appearance and preserves the freshness of the sandwich. An appetizing and novel sandwich is made by spreading the buttered bread with finely minced raw beef seasoned with salt and pepper. Rolled sandwiches are made by cutting the crust from the bread, slicing very thin, spreading first with butter, then with a finely chopped meat mixture and rolling up like a piece of paper. A nice mixture is made from equal parts of chopped chicken and tongue, seasoned with celery salt, pepper and salt and salad dressing.

ANCHOVY TOAST.

Cut the crust from slices of bread, toast brown, butter and spread with anchovy paste. This is made by pressing a few anchovies through a sieve, mixing them with a little melted butter, and spicing with cayenne. A heartier relish is made by laying a poached egg on the toast thus prepared.

SALADS.

THE materials for salad must be fresh and of the best quality, and their combination harmonious. Lettuce, celery and cress must be washed carefully, dried lightly and handled delicately. Lettuce and cress should be shredded with the fingers, celery and cabbage cut with a knife, vegetable salads stirred as little as possible, and all salads served the day they are prepared. All gristle, fat, and skin must be removed from fowl or meat, and the flesh cut in pieces with a knife.

All the ingredients of a salad, as well as the bowl, fork and spoon, used in the preparation should be very cold, and the dressing be mixed in a cool place. Salad dressing cannot be made in a hurry, and requires both carefulness and patience on the part of the one who prepares it.

Be careful that the olive oil is the best; powder the yolks of hard-boiled eggs in a mortar, or rub them smooth with the back of a spoon; beat the yolks of raw eggs thoroughly, and save the whites for cake or icing for they add nothing to the salad. Add the dry things to the eggs first, and if it is of the character of a mayonnaise dressing, stir well together. Add the oil, drop by drop, stirring or rubbing steadily and in one direction, occasionally dropping in a little vinegar to prevent cracking, or more oil to stop curdling. Mix until smooth and of the consistency of thick cream. Long practice will enable one to use nearly half a cup of oil with an egg. A mayonnaise dressing is very difficult to make, but a favorite when prepared. The juice of a lemon may be substituted for vinegar, but it whitens the dressing. Fresh sweet butter and sweet cream may be used in place of oil. A cooked dressing is made in a similar manner to boiled custard, beating the eggs, condiments, vinegar, etc. together, and cooking in boiling water. The butter may be added before the dressing is taken from the stove, but it is better not to add the cream until afterward. All except hot dressing should be made at least three hours before using.

The following salad rhyme of Sidney Smith loses none of its charm through repetition:

SALAD DRESSING.

To make this condiment your poet begs
 The pounded yellow of two hard-boiled eggs;
 Two boiled potatoes, passed through kitchen sieve,
 Smoothness and softness to the salad give;
 Let onion atoms lurk within the bowl,
 And, half suspected, animate the whole;
 Of mordant mustard, add a single spoon,
 Distrust the condiment that bites so soon;
 But, deem it not, thou man of herbs, a fault
 To add a double quantity of salt;
 Four times the spoon with oil from Lucca crown;
 And twice with vinegar procured from town;
 And lastly, o'er the favorite compound toss
 A magic *soupcou* of anchovy sauce.
 O green and glorious! O herbaceous treat!
 'Twould tempt the dying anchorite to eat;
 Back to the world he'd turn his fleeting soul,
 And plunge his fingers in the salad bowl;
 Serenely full, the epicure would say,
 "Fate cannot harm me—I have dined to-day."

SALAD DRESSING—1.

1 tablespoon mustard,	1 coffee-cup vinegar,
2 tablespoons cream,	1 teaspoon salt,
3 tablespoons butter,	$\frac{1}{2}$ teaspoon pepper,
	3 eggs.

Beat the eggs, adding the salt, pepper, mustard, melted butter, cream or milk, and vinegar; put in a double boiler and cook till smooth and thick, stirring to prevent burning. Use with cabbage or potato salad.

SALAD DRESSING—2.

2 eggs, yolks,	2 teaspoons white sugar,
$\frac{1}{2}$ teaspoon pepper,	1 teaspoon salt,
2 teaspoons made mustard,	1 tablespoon butter,
$\frac{1}{2}$ cup vinegar,	$\frac{1}{2}$ cup milk.

Beat thoroughly the yolks of the eggs in a bowl; mix with the

other ingredients; set in a kettle of hot water and stir constantly till it thickens. When cool, it is ready for use. This is sufficient for 3 pints of sliced cabbage, and should be thoroughly mixed with the cabbage before serving.

BOTTLED SALAD DRESSING.

8 eggs,	1 tablespoon black pepper,
1 cup sugar,	1 tablespoon salt,
1 cup cream,	1 tablespoon mustard,
1 cup butter,	1½ pints vinegar,

A pinch cayenne.

Beat the yolks of eggs, add the other ingredients except the butter and mix thoroughly; heat the vinegar, add the butter, boil and pour over the mixture, stir well while cooking, and when cold bottle and set in a cool place. It will keep for weeks in the hottest weather and is excellent for cabbage or lettuce.

GOOD SALAD DRESSING.

3 eggs, yolks,	1 tablespoon mustard,
1 cup vinegar,	½ tablespoon sugar,
½ cup warm water,	1 teaspoon salt,
½ cup cream, or butter,	Cayenne pepper.

Mix the sugar, salt, pepper, mustard and water; when smooth add the cream or melted butter. Let it come to a boil; take from the fire, and whip into the previously beaten eggs. Cook in boiling water, and when thickened, add the vinegar gradually. Use when cold. Or, beat the eggs and condiments together; add the vinegar and water and cook in a custard kettle until thick. Take from the fire and beat in the cream. In place of warm water use milk, and the sharpness of the vinegar will be modified. Good for use with any salad.

FRENCH DRESSING.

½ cup olive oil,	1 tablespoon vinegar,
Salt and pepper.	

Add salt and pepper to the oil, which must be of the finest quality, in the proportion of twice as much salt as pepper; a little mustard many think is an improvement; beat in slowly the vinegar that the whole may be of a creamy consistency. Vary the amount of vinegar according to the salad, or rub in smooth the yolk of a hard-boiled egg with the salt and pepper, and add vinegar and oil

as in a mayonnaise dressing. Use with artichokes, endive, lettuce, cress, cucumbers or celery; it may be combined with mayonnaise dressing.

MAYONNAISE DRESSING.

2 eggs, yolks,	Lemon juice or vinegar,
Olive oil,	Salt and pepper,
1 teaspoon made mustard.	

Chill the eggs, oil, and the plate to be used. Break the eggs, dash a little white pepper and half a saltspoon salt into the yolks and mix thoroughly, adding the mustard; add the oil drop by drop, stirring slowly and in the same direction. If it begins to crack drop in vinegar, still stirring; if it curdles use oil and keep it always in the form of cream. This recipe makes one large cup of dressing. Lemon juice may be used in making a white dressing, and if the oil is disliked, take melted sweet butter, but it is not then mayonnaise.

MUSTARD DRESSING.

1 egg, yolk,	½ teaspoon boiling water,
½ cup oil,	1 teaspoon mustard,
Vinegar,	Salt and pepper.

Rub smooth the mustard and water with salt and pepper as in French dressing and stir slowly into the yolk of the egg. Add the oil drop by drop, stirring steadily and in one direction, also the vinegar and avoid either cracking or curdling. Both patience and management are required to make a nice mustard or mayonnaise dressing. This dressing will keep 2 weeks on ice. If the oil separates any time it can be rubbed smooth with a few drops of vinegar.

ASPARAGUS SALAD.

Cut tender asparagus into inch pieces and throw them into cold water. Drain, and cook in boiling water salted in the proportion of 1 teaspoon to 1 quart of water. Drain and let stand till cold. Add the dressing, mix well, and serve after standing 1 hour.

ARTICHOKE SALAD.

Wash thoroughly, pare, and quarter some very young artichokes. Serve them with salt, pepper and vinegar, and oil if liked, or cook them in their skins in salted boiling water until tender. Drain

and when cold, peel and quarter. Serve cold with French dressing. A few drops of tarragon vinegar improves the dressing.

CAULIFLOWER SALAD.

Take nicely boiled cauliflower, separate the branches, and mix them with any dressing. A little tarragon vinegar and finely chopped parsley may be added if French dressing is used.

CELERY SALAD.

Cut bleached celery in inch lengths after standing 5 minutes in very cold water. Mix with French or mayonnaise dressing and serve within 10 minutes. Or, the celery may be cooked and served with a dressing like cauliflower salad. Or, the long stalks may be eaten with salt.

CHICKEN SALAD.

3 chickens,	1 teaspoon black pepper,
3 eggs,	4 hard-boiled eggs,
1 pint vinegar,	2 tablespoons mustard,
4 tablespoons butter,	2 tablespoons sugar,
Celery,	1 teaspoon salt.

Cook the chickens in salted water until tender; when cold cut in small pieces, and add twice the quantity of celery cut in dice, and the hard-boiled eggs sliced; mix well together. Make the dressing in a double-boiler. Beat the eggs thoroughly with the mustard, pepper, sugar and salt, and pour slowly into the vinegar heating in the boiler; stir till it thickens. When cold pour over the salad, or just before serving. A little lemon juice may be added to whiten the dressing; garnish with white celery tips.

CHICKEN OR TURKEY SALAD.

1 pint meat,	Salad dressing,
2 hard-boiled eggs,	1 pint celery.

Cut the meat in dice, set in the ice box 2 hours. Mix with the celery and eggs, cut in pieces, arrange as it is to be served and pour over it a liberal quantity of mayonnaise or other dressing. Garnish with celery tips and olives. Lettuce may be used for celery, and celery salt or seed added to the dressing. Or, mix the dressing with the meat and celery and serve after standing a little while in the ice box. Many omit the eggs, add a little French dressing to the meat before setting on the ice, and a mayonnaise

or other dressing after the celery is mixed with the chicken and just before serving.

CUCUMBER SALAD.

Select fresh young cucumbers and chill them by keeping a few hours in an ice-box, cover them a short time with ice and salt. Peel, slice very thin, and add salt, pepper, vinegar, and oil if liked, just before serving, or prepare the salad with equal quantities of sliced cucumbers and white onions, and serve with any French dressing. It is advisable to put a lump of ice in the center of the salad bowl.

ENDIVE SALAD.

This should be well blanched and crisp. Cut off the root and the dark green leaves; break the others apart, wash, drain and serve with mayonnaise dressing. A few chives may be served with it.

FISH SALAD.

Take remnants of boiled fish, or a can of salmon freshly boiled. Remove the skin, fat and bones, cut in small pieces, sprinkle with pepper and salt, add capers or whole allspice, and enough vinegar to stand on the top. Cover, let stand a few hours, serve on lettuce leaves with or without a dressing. Garnish as usual. Or, cut salmon, white fish or trout in small pieces, mix with an equal quantity of lettuce or cabbage, adding a few slices of hard-boiled eggs. Serve with any good dressing, and garnish with the heart leaves of lettuce.

HAM SALAD.

Cold boiled ham,	1 tablespoon made mustard
2 heads lettuce,	1 tablespoon butter,
3 eggs, yolks,	$\frac{1}{2}$ tablespoon salt,
$\frac{1}{2}$ pint sour cream,	$\frac{1}{2}$ tablespoon sugar,
$\frac{1}{2}$ pint vinegar,	1 teaspoon pepper.

Mix the cream, vinegar, pepper, salt, sugar and mustard, cook over hot water, thicken with the well-beaten yolks of eggs, and set in the ice box or a cold place. Cut the ham into small bits, shred the lettuce, and put both into a salad bowl. Pour the dressing over the mixture. Stir well and serve. Or, mix any strong dressing with the ham and lettuce and serve on lettuce leaves.

HERRING SALAD.

3 Holland herrings,	3 hard-boiled eggs,
8 medium potatoes,	2 small beets,
2 onions,	Roasted veal,
4 sour apples,	A pinch of salt.

Soak the herrings over night and cut in small pieces; boil the potatoes and beets, and when cold, chop fine; slice the onions and veal, cut the apples and eggs fine and mix well. Serve with French or mustard dressing.

LETTUCE SALAD.

Select tender, fresh lettuce, and crisp by dipping it into cold water several times, or let it lie in the water 10 minutes before breaking off the leaves from the root. Pick it over carefully and lay in a clean dry towel to absorb all the moisture. Handle as little and as delicately as possible and garnish with hard-boiled eggs cut in quarters. Serve with salt, or French or mayonnaise dressing, and accompany with radishes. A nice salad is made of equal quantities of cress, pepper grass and sorrel. The eggs may be omitted and the salad ornamented with nasturtium blossoms.

LOBSTER SALAD—1.

1 pint lobster meat,	1 head lettuce,
Salad dressing.	

Cut the meat in half-inch pieces; the coral may be used with the meat, served as a garnish. Rub the lobster fat carefully into the dressing and mix with the meat. Lay crisp lettuce leaves on a plate and put 2 tablespoons of the mixture into each one. Or, make a bed of lettuce leaves, and arrange the lobster mixture on it, within a ring of the coral. Serve very cold.

LOBSTER SALAD—2.

1 can lobster,	1 teaspoon mustard,
2 heads lettuce,	1 teaspoon salt,
2 eggs, yolks,	1 saltspoon pepper,
2 boiled eggs, yolks,	1 tablespoon butter,
1 cup vinegar,	Cayenne pepper.

Empty the can, take off the oil, and cut the meat in coarse pieces. Shred the lettuce, or if celery is preferred cut it into bits, and mix with the lobster and a little of the dressing. Pour the rest of it over the salad. Garnish with sliced hard-boiled eggs and celery

tops. Make the dressing after this fashion: Rub into the yolks of fresh eggs a paste made of the mustard and a little vinegar, the melted butter, salt, pepper, a dash of cayenne pepper, and the vinegar. When this is smooth, mix to a cream with the powdered yolks of the hard-boiled eggs, and use.

ONION SALAD.

Slice young onions and radishes; sprinkle a handful of salt over them and let them wilt half an hour. Wash off the salt, and squeeze out the water. Beat smooth some good sour cream, add sufficient vinegar to make it as sour as wished, pour it over the salad and sprinkle with pepper.

POTATO SALAD.

2 onions,	6 boiled potatoes,
3 hard-boiled eggs,	Salad dressing.

Pare the potatoes when cold, and slice them. Slice the onions in small thin pieces or mince fine. Slice the eggs. Fill the salad bowl with alternate layers of potatoes and eggs, sprinkling each with salt, and adding a little of the onion before pouring on the dressing. Finish with a liberal amount of dressing. Prepare 2 or 3 hours before using. The onions may be omitted or one may be minced fine and mixed with celery seed or salt and added to the dressing. Garnish with parsley.

SALMON SALAD—1.

1 pound salmon,	Salad dressing,
$\frac{1}{4}$ pound potatoes,	2 eggs.

Fresh boiled or canned salmon may be used. Drain the oil from the canned salmon, remove the bone, skin, and fat, and flake the fish with a fork. Cut cold boiled potatoes into small thin pieces. Slice the hard-boiled eggs. Put a layer of fish into the salad bowl, then a layer of potatoes and eggs. Pour on a little dressing, and complete the work in this manner. Let the last layer be of fish and cover with a plentiful amount of dressing. Celery seed may be added to the dressing. Serve in a handsome bowl, or on separate leaves of lettuce, arranged tastefully on a platter. Serve very cold a short time after it is made.

SALMON SALAD—2.

Boil the whole or part of a salmon in salted water. Set away

to cool in a covered dish, leaving a little opening for the steam to escape. When cold, dish carefully on a bed of curled lettuce leaves, pour over it a large amount of dressing, garnish with slices of lemon, hard-boiled eggs and olives.

SHRIMP SALAD.

Fresh or canned shrimps, Head of lettuce,
Salad dressing.

Break the shrimps as little as possible, and mix with a strong salad dressing. Prepare the lettuce as for lobster salad, and arrange the shrimp mixture in the same manner. Crab salad is made in the same way.

SUMMER SALAD.

Beets, string beans, green peas, new potatoes, onions and boiled corn cut from the cob make a good and economical salad. The variety used depends upon circumstances or the wish of the maker. Or, lettuce with a bit of green mustard or a little pepper grass, some water cresses, a cucumber, a few radishes, a little chervil and two or three hard-boiled eggs makes a nice summer salad. Use French dressing with the latter, and a mayonnaise with the former recipe.

TOMATO SALAD—1.

Tomatoes, Lettuce,
Salad dressing.

Take firm ripe tomatoes and pare, without scalding, with a sharp knife. They may be served whole or sliced. If served whole, select those of a small size, take out part of the core, and put them on a bed of lettuce leaves. Fill the hollow with the dressing and serve after leaving 10 minutes in the ice box. A pitcher of dressing should be placed on the table. Or, the tomatoes may be placed in a glass dish, and the dressing poured around the base. Or, one tomato may be served in a saucer on a lettuce leaf with a little dressing in the hollow of the fruit. Or, cut the tomatoes in half-inch slices and pour the dressing over them.

TOMATO SALAD—2.

Tomatoes may be sliced, set in a very cold place 30 minutes and served with French dressing, or pepper, salt and vinegar, or sugar.

TOMATO AND CUCUMBER SALAD.

6 fresh tomatoes,	1 head celery,
1 onion,	2 cucumbers,
2 hard-boiled eggs.	

Chill the cucumbers, cool the tomatoes, and slice, also the onion and eggs. The slices of the cucumbers and onion should be very thin. Break the celery in bits; put these various ingredients by layers into a salad bowl and pour over them any good dressing. Let stand 10 minutes in a cold place before serving. The onion may be omitted.

VEAL SALAD.

Cut cold veal into small pieces; add as much cut celery or shredded lettuce as veal, with two chopped hard-boiled eggs. Pour over all a good dressing, mix well, set to cool, and serve garnished with celery tips. Chopped cabbage may be used in place of celery, in which case add celery salt to the dressing.

VEGETABLE SALAD.

1 pint string beans,	1 carrot,
1 head celery,	1 onion,
3 young beets,	1 turnip.

Cut the beans in inch lengths, and cook in salted boiling water. Boil the beets and carrot and cut in dice. Slice the onion in small pieces, and break the celery into bits. Sprinkle with salt, dust with cayenne pepper, pour on a mayonnaise or mustard dressing, mix well, and serve after standing 30 minutes in a very cold place.

COLD SLAW.

1 cup fresh sour cream,	3 tablespoons sugar,
$\frac{1}{2}$ cup vinegar,	Salt and pepper.

Chop or shave cabbage and add the salt and pepper; mix the cream and sugar, beat in the vinegar quickly and pour it over the cabbage.

OLD-FASHIONED COLD SLAW.

It is much nicer to slice or shave the cabbage across the head than to chop it as is frequently done. Let it stand a few minutes in water, and drain. Mix with good salad dressing and serve cold.

SOUTHERN COLD SLAW.

$\frac{2}{3}$ cup vinegar,	$\frac{1}{2}$ teaspoon mustard,
$\frac{1}{8}$ cup water,	$\frac{1}{2}$ teaspoon salt,
$\frac{1}{2}$ cup cream,	1 teaspoon sugar,
1 tablespoon butter,	1 saltspoon pepper,
2 eggs, yolks.	

Beat the eggs and condiments together and work in the butter while the vinegar and water are heating over the fire; when boiling stir in the mixture, add the cabbage, previously sliced, washed and drained, and mix all well together. Before it begins to wilt, take it from the fire, pour into the salad bowl, and when partially cool stir in the cream. Serve cold. The salad is nice if the cream is omitted.

CREAM SALAD.

4 quarts cabbage,	1 tablespoon mustard,
1 pint vinegar,	1 tablespoon salt,
1 pint sour cream,	1 tablespoon pepper,
$\frac{1}{2}$ cup sugar,	1 tablespoon butter,
4 eggs,	1 teaspoon flour.

Shave the cabbage very fine; boil the vinegar, sugar, and butter in a saucepan; stir in the well-beaten eggs, cream, flour and condiments; cook thoroughly, pour over the cabbage and serve when cold or hot. The cream may be added just before mixing with the cabbage.

SOUP.

ALL varieties of soup come under the head of bouillon, broth, consommé or stock, and soup purées. The rules for soup making are very simple. First, never let the soup stop boiling until it is done; second, never add water after the soup commences boiling. Continued boiling does not mean rapid boiling; avoid that, for it leaves the soup muddy, and too much evaporation takes place. Add fresh fuel carefully to prevent a rapid blaze or a deadened fire.

Bouillon is served as a clear, strong soup at dinners, as a beverage at lunches or for invalids. In the latter case it is much better not to clarify it except by passing it through a fine strainer. Broth is a thin soup, the liquor in which beef, chicken, mutton or veal is boiled, without any vegetables. Stock is the basis of all soups; the utmost care should be used in the preparation of both stock and bouillon.

Each must boil the time given in the recipe, and be strained into an earthen bowl. The next day take off all the fat, and pour the clear part into a saucepan and boil at least one hour. Pour it into small jars or pitchers so that if only a small quantity is wanted for use, the rest of the stock need not be disturbed.

The stock must be a firm, clear jelly, and will keep nicely in the ice box for a few days. The sediment or thick part of the soup is very nutritious and is used in a purée or thickened soup.

Fresh, uncooked beef and cracked bones, with veal or chicken, make the best stock. The bones, particularly the leg bones, contain the glutinous matter essential to a good soup. Veal and fowls are used for white soups. Mutton is too strongly flavored to make nice stock, and veal alone has but little nutritive properties. Soups which make the principal part of a meal should be richer than those which precede a course of meats, etc. When remnants of

cooked meats are used, chop fine, crush the bones, add a ham-bone or bit of ham or salt pork, the ends of roasts, and the brown fat of the roast; add vegetables; when done, strain, set away over night, skim off the fat, and it is ready to use. Soup made from cooked meats should be used immediately since it will not keep for stock. Soup must always be emptied from the kettle into an earthen dish, and it must not be covered or it will sour quickly. In very hot weather it is best to reheat stock daily if a large quantity is made.

The meat from which stock is made is ordinarily useless, but meat from a quick soup may be used in hashes, croquettes, or seasoned and pressed, after mincing.

A purée is made by boiling vegetables slowly in broth or water, sifting them when tender, and diluting to the consistency of thick cream with stock, milk or water. Purées must be well seasoned, and are improved by the addition of eggs, cream and butter. They should be used within twelve hours after they are made.

TO CLEAR SOUP.

In forty-nine cases out of fifty it will not be necessary to clarify soup if it is properly made. When it is desired, either raw beef or white of egg may be used; but egg impoverishes the soup while beef enriches it. Add to every quart of cold stock half a pound of raw lean beef, chopped fine; also add a scraped carrot, a small turnip and a leek cut in dice, to the whole amount of soup. Set over the fire, keep stirring and when it boils let it simmer gently half an hour. Strain through bags of fine, thin cloth and flannel. To clarify with eggs: stir into three quarts of cold soup the whites and crushed shells of two eggs. Place over the fire and boil ten minutes. Take off the fire, and after standing ten minutes, strain the soup through a flannel bag. Clarified soup will become cloudy if allowed to stand long before using.

CEREALS AND VEGETABLES.

Cereals.—Pearl and Scotch barley, hominy and rice are used in white soup. Though differently classified, arrowroot, farina, macaroni, sago, tapioca, and vermicelli are desirable for the same purpose.

Vegetables.—In most cases it is better to cook the vegetables

with the stock, to secure their strength, richness and flavor; and the pulpy mass is rejected by straining. The principal vegetables in use are, asparagus, beans, carrots, green corn, garlic, onions, okra, parsnips, peas, potatoes, tomatoes, and turnips. Cabbage is occasionally used, but in a sufficient quantity to make the principal part of the soup. Green or dried pea, and bean soup should always be strained before serving. A thick soup of this character is called a purée. Asparagus, celery, and often tomato is served in the soup.

COLORS, SPICES AND SEASONINGS.

Colors.—The best color for soups is obtained from good materials and long cooking. Caramel, or burnt sugar, gives a rich brown color, grated carrot an amber hue, the juice of tomatoes a red shade, and pounded spinach a fine green tint. Skim the soup before adding the carrot. Bruise the spinach in a mortar, tie in a cloth and squeeze out the juice; add to the soup five minutes before taking from the fire. Mock-turtle soup should have this color, and it is sometimes used in veal and lamb soups. Okra will give a green shade, also parsley or celery leaves, if cooked in soup.

Spices.—For brown soup use dark spices, like cloves and allspice; for white soup, mace, aromatic seeds, and curry powder. The simplest and absolutely essential spices are pepper and salt, but too much of each will spoil any soup. Mace is especially adapted to chicken and oyster soup. Spiced vinegar, from sweet pickles or chowchow, gives a nice flavor, and catsups and sauces are often a great improvement.

Seasoning.—The best herbs are sage, thyme, sweet marjoram, tarragon, mint, sweet basil, parsley and bay-leaves. Gather and dry them as follows: parsley and tarragon in June and July, just before flowering; mint in June and July; thyme, marjoram and savory, in July and August; basil and sage, in August and September. All herbs should be gathered in the sunshine, and dried by artificial heat; their flavor is best preserved by keeping them in airtight tin cans, or in tightly-corked glass bottles. An agreeable flavor is given to soup by sticking cloves into a piece of meat or an onion; sliced onions fried in butter, or in butter and flour, and

rubbed through a sieve improves the color and flavor of many soups. The red pepperpod cooked in the soup is preferable to cayenne added just before serving. Lemon and orange juice and the peel often impart a very fine flavor. Thickened soups require twice the seasoning needed for thin soups or broth.

STOCK FOR SOUP.

6 pounds shin of beef,	3 large onions,
Knuckle of veal, or	2 carrots,
1 old fowl,	1 head celery,
8 quarts cold soft water,	6 cloves,
Salt and pepper,	Parsley,
1 cup tomatoes,	Blade of mace.

Crack the bones well and cut the meat in pieces 3 or 4 inches square; put them into a stock-pot with the salt, pepper, and water, and cook slowly 1 hour. Apply more heat and at the end of 2 hours add the vegetables, with the cloves stuck into the onions. Cook gently but steadily 8 hours longer. Take it off, strain, and set away to cool. The next day remove the fat, take off the clear jelly, and boil it 1 hour. Pour it into quart jars or pitchers, and keep it in a very cold place. This jelly may be used in various ways, and diluted with hot water, if desired less strong. Vegetables must be cooked in boiling salted water before adding to the hot stock. Season, cook together a few moments and serve.

White stock is used for white soups and is made as just described, omitting the beef and using both veal and chicken.

To make stock of a golden color, add to the beef and veal 1 pound ham and boil slowly 5 hours. Fry the onions in a little butter, and add with the other vegetables to the soup; omit the mace and tomatoes and add 1 small parsnip. Boil slowly 2 hours longer. Strain and let stand over night. Remove the fat, take out the clear jelly and mix with the broken shells and unbeaten whites of 2 eggs. Boil 10 minutes and strain through a jelly bag; do not squeeze it. If it is not clear and a golden brown color, strain again until clear. Take great care to have a bright clean kettle, and scald the sieve before it is used.

Any part of a raw chicken, beef bones, or pieces of raw meat may be added when the stock is first put over the fire; but cooked

meat or bones will make the soup muddy. After the jelly-like part of the meat is taken off use the sediment remaining for thick soups. It is the richest part of the soup.

To make stock successfully, follow the directions carefully, and never let the soup stop boiling one moment, neither add water after it commences to boil.

EGG BALLS.

6 hard-boiled eggs, yolks, 2 eggs, yolks,
Salt and flour.

Rub the yolks of the cooked eggs to a smooth paste; beat the raw yolks with a little salt, and add gradually to the egg paste. Stir in just enough flour to roll into small balls and drop into boiling salted water, or broth, for 5 minutes.

FORCEMEAT BALLS.

Mince fine cold veal, chicken, ham or soup meat, and season with pepper, salt, a little lemon juice, and grated peel, or a little minced onion fried in butter. Mix with the beaten yolk of an egg, cracker or bread crumbs and roll in balls. Fry in butter 8 to 10 minutes or poach 5 minutes in boiling water. Force meat, if made in small balls, may be served in the soup. Large balls are served as an entrée. Parsley and thyme may be used for seasoning the stronger meats.

SOYER'S FORCEMEAT BALLS.

1½ pounds veal, 1 teaspoon beef suet,
1 pound fresh suet, ¼ teaspoon pepper,
6 ounces panada, 4 eggs,

A little grated nutmeg.

Buy the fillet and cut into long thin slices; scrape with a knife until only the fibre remains; put the pulp into a mortar, pound 10 minutes, and pass through a wire sieve; use that which remains for soups. Skin, shred, and chop the suet fine. Pound it in the mortar, and add the panada, which is soft crustless bread soaked in milk and cooked nearly dry, and pound again. Season, mix, and add the eggs one by one, while the pounding is continued. When thoroughly mixed, take a little piece in a spoon and drop into boiling salted water. The forcemeat may be softened with cream, or made firmer with another egg.

FRIED BREAD CRUMBS.

Cut the bread into thin slices ; let them stand all night in a cool oven. When very dry and crisp, but not colored, roll them, and fry quickly in boiling lard. When of a golden color, skim them out on a sieve and set in an open oven to dry. Serve in small mounds around light-colored game.

CROUTONS.

Take off the crust from stale bread, and cut the loaf in half-inch squares. Melt nearly enough butter in a frying pan to cover the bread, and when it bubbles, drop in the bread ; fry golden-brown, shaking frequently to prevent burning. Skim out on brown paper and set in the mouth of the oven. Or, drop the bread into boiling lard, and when done skim out and dry. Or, cut half-inch slices of stale bread into fancy shapes, diamonds, stars, rings, etc., and fry well in boiling lard or butter and brown in a quick oven. Or, put the shapes in a pan and brown without frying. These may be cut in cubes three-quarters of an inch thick by one and one-half inches long, or in three-quarter-inch squares. Small squares of toast are especially nice with chicken broth. Croutons are served with soups or as garnishes.

EGG DUMPLINGS.

1 cup milk,

2 eggs,

Flour,

Salt.

Beat the eggs thoroughly with a little salt, add the milk, and sufficient flour to make a smooth firm batter. Drop from a spoon into boiling soup.

NOODLES.

Beat an egg with a little salt, and work in flour to make a stiff paste. Roll out thin and leave it on the board an hour. Roll up closely like a sheet of music, and cut from the end into strips like shavings. When finished mix the strips lightly together, dust with flour, and cook them in the soup just before serving. If not cooked quickly they will go to pieces.

FRENCH SOUP POWDER.

2 ounces sweet majoram,

2 ounces parsley,

2 ounces savory,

2 ounces lemon-thyme,

2 ounces lemon peel,

1 ounce sweet basil.

Buy fresh herbs, dry carefully, pound, sift and bottle. Add to the soup a little at a time till the taste is suited. The cost for a large quantity will be small, and a delicate flavoring will be at hand the year around.

BOVILLON.

4 quarts cold water,	1 cup tomatoes,
4 quarts beef,	4 cloves,
1 teaspoon salt,	8 allspice,
Bit of red pepperpod,	1 bay leaf.

The beef should be as fresh as possible and without bone or fat. Put all of the ingredients into the kettle, cover, bring to a boil, and simmer steadily 3 hours; add a minced onion and carrot with a bunch each of thyme, parsley, and celery, chopped. Cook 2 hours, leaving the cover partially off during the last hour that the soup may evaporate. If it pleases the taste take off and strain through a hair sieve. There should be $1\frac{1}{2}$ to 2 quarts of broth. Let stand over night, and take off all the fat in the morning. Pour off the jelly so as not to disturb the sediment. Add whatever seasoning is desired before serving.

CHICKEN BROTH.

An old fowl makes better broth than a young one. Cut it into small pieces and crack the bones well. To each pound of the chicken allow a quart of cold water and cook slowly till tender. Add 1 tablespoon salt; it will help extract the juices. Take from the fire and strain. The next day skim off all the fat, heat the broth and add 1 tablespoon rice to each quart, or serve with bits of toast and celery.

MUTTON BROTH.

4 quarts cold water,	3 tablespoons rice,
3 pounds mutton,	Salt.

Put the meat in the salted water and let it simmer for 4 or 5 hours. Strain, and when cold skim off the fat. Bring to a boil, add the rice, cook 30 minutes and serve.

SCOTCH BROTH.

3 pounds neck of mutton,	4 slices carrot,
4 pints cold water,	2 slices turnip,
$\frac{1}{2}$ cup barley,	1 onion.

Cut out the bones and simmer in 1 pint of water; cut the meat in

small pieces taking out gristle and sinew, and put into a kettle with the cold water. Cook gently 2 hours, then add the strained liquor from the bones, the onion sliced, the turnip and carrot cut in dice, with the barley, and salt to taste. Cook till the vegetables are tender. Add a little celery salt, and pepper, and stir in 1 teaspoon flour mixed with a little butter, and some chopped parsley. Serve as soon as it boils.

ASPARAGUS SOUP.

30 stalks asparagus,	1 teaspoon butter,
3 pints veal stock, or milk,	1 teaspoon flour,
3 tablespoons cream,	Salt and pepper.

Cut the tips from the asparagus half an inch long, and cook the rest in boiling water. Rub through a coarse sieve, and salt; heat the stock, and when boiling add the butter and flour rubbed together, with the asparagus pulp and boil slowly 15 minutes. Stir in the cream and pour into the tureen over the asparagus tips which have been cooked in boiling water until tender, and then drained. The soup may be colored with spinach juice.

BEAN SOUP—1.

2 quarts cold water,	1 quart rich stock,
1 quart navy beans,	Salt and pepper.

Soak the beans over night. In the morning drain, add the cold water and boil till tender. Sift and return to the fire. Add stock, or water in which beef bones have been boiled, and season, adding any sweet herbs. Boil 25 minutes and serve. Or, the beans may be boiled with a small piece of salt pork, 3 onions, and 6 cloves. Sift, return to the fire, season and serve very hot. Or, a pint of strained tomatoes, stewed and prepared for the table, may be added to the soup. Serve when hot.

BEAN SOUP—2.

1 pint beans,	1 cup cream.
Butter, size of egg,	Salt and pepper.

Soak the beans over night; parboil them in the morning, drain, add fresh water, season with salt, pepper, and butter, and cook till tender. Take out half the beans, put the rest through a sieve, return to the fire and add the cream or milk. Let boil up and serve. The soup may be thickened with crackers.

BLACK BEAN SOUP.

1 pint black beans,	$\frac{1}{2}$ pound lean pork,
3 quarts water,	Salt and pepper,
2 hard-boiled eggs,	Cloves,
1 teaspoon cornstarch,	Lemon juice.

Beef bones may be used in place of pork, or both may be omitted, and a quart of stock with a lump of butter substituted for a quart water. Soak the beans over night and cook in the water with the pork or bones; boil slowly until tender. Thicken with the cornstarch, sift, season, and set over the fire. Have ready half a lemon, sliced very thin, and the white of eggs cut in dice in the bottom of the tureen. Rub the yolks of the eggs with a little of the soup, and add to the whole; stir and pour into the tureen. Onion may be added to the beans while cooking. Red beans may be used in this way. The soup may be served with forcemeat balls.

BEEF SOUP.

1 shin bone,	5 quarts soft water,
1 carrot,	1 tomato,
1 turnip,	1 head celery,
1 onion,	Parsley,
2 potatoes,	Salt and pepper.

Crack the bone well, and put into the cold water. Cook slowly 2 hours and add the salt and pepper. Boil slowly 1 hour, add the carrot, turnip and celery, cut in dice, and 20 minutes later the onion and potatoes, sliced. In 20 minutes more the tomato, cut in small pieces may be added, and 2 tablespoons flour mixed smooth with cold water, and the parsley, shredded. The meat and bones should first be taken from the soup, and part of the meat cut in dice and returned to the soup. When the soup has cooked 10 minutes longer, take from the fire and serve.

BEEF AND OKRA SOUP.

1 pound round beef,	2 tablespoons butter,
4 quarts water,	1 sliced onion,
1 pint chopped okra,	Salt and pepper.

Cut the beef into bits, season and fry with the onion and butter till very brown. Add the cold water and simmer 1 hour, then the kra and simmer 3 hours. Serve.

MOCK BISQUE SOUP.

1 quart new milk,	½ chopped onion,
1 quart tomatoes,	1 teaspoon salt,
2 tablespoons butter,	½ teaspoon pepper,
1 tablespoon cornstarch,	1 teaspoon soda.

Cook the onion and tomatoes 10 minutes, and strain. Scald the milk. Cook the cornstarch with the butter till smooth and frothy, and gradually add the milk. Put in a double boiler. Stir the salt and pepper into the tomatoes, also the soda; when the frothing ceases add the tomatoes to the thickened milk, strain, and serve hot with croutons or crisped crackers. Or, cook a cup of vermicelli in salted boiling water 15 minutes; drain and serve in the soup and omit the croutons. The onion may be omitted.

CABBAGE SOUP.

1 Spanish silver-skin onion,	2 quarts stock.
1 white cabbage,	Bunch of herbs,
Lemon juice,	Salt and pepper.

Shred the onion and cabbage, and brown in butter; avoid burning, drain and add to the boiling stock. Thicken with 1 tablespoon flour and cold water and season. If the herbs are dry, powder them; if fresh, chop them. When the vegetables are tender, add the lemon juice and pour the soup over forcemeat balls.

CALF'S HEAD SOUP.

1 calf's head,	2 tablespoons butter,
Knuckle veal,	4 tablespoons flour,
4 slices onion,	6 cloves,
Pepper and salt,	Dash of mace,

4 quarts water.

Prepare the head as directed on page 417. Set the brains aside. Put the water over the fire, with the head, knuckle and onions, into which stick the cloves, and when the knuckle is cooked take it from the pot. It can be used in any form desired. Continue cooking until the meat on the head is tender. Take it out and slip from the bones. Skin the tongue, and cut with the meat into dice. Strain the soup, return to the fire, add the meat, salt, pepper, mace and flour browned in the butter. Stir, boil till thickened and set away to cool. The next day make balls of the brains, soaked and parboiled, and a little chopped onion and parsley, mixed with the

yolk of an egg and a little flour. Roll in cracker dust, fry brown in butter, and put them in the tureen. Skim the soup, bring to a boil and pour over the balls. Cut lemons in small pieces, and serve with the soup.

CARROT SOUP.

A knuckle of veal,	2 tablespoons rice,
3 quarts cold water,	2 stalks celery,
1 quart sliced carrots	Butter,
1 pint milk,	Salt and cayenne.

Put the veal, carrots, and chopped celery into the water and cook 2 hours. Take out the veal, and put the vegetables through a sieve. Return to the fire, add the veal, cut in bits, and the rice; when the rice is done stir in the milk, butter, salt and pepper, and serve hot. Or, 2 onions, 2 potatoes and 1 turnip may be added to the carrots and mashed through the sieve. Omit the rice, and thicken with a little cornstarch and water.

CELERY SOUP.

1 quart white stock,	1 cup rice,
2 stalks celery,	Salt,
3 pints milk,	Cayenne.

Boil the rice in the milk and sift it, grate the celery, add to the sifted rice and the heated stock. Boil till the celery is tender. Season with salt and cayenne. Cream may be substituted for milk.

CLAM SOUP.

$\frac{1}{4}$ pound butter,	1 pint milk or cream,
30 clams,	Salt and pepper,
2 tablespoons flour,	Mace.

Strain the clam liquor and boil, wash the clams thoroughly and scald 3 minutes in their own liquor. Take out of the shells and chop fine. Add to the liquor the butter and flour well mixed, the milk or cream and sufficient boiling water to make 2 quarts of soup; when boiling add the clams, a pinch of mace, pepper and a little salt. Boil 5 minutes and serve with croutons. Rolled crackers may be used instead of the flour, or 3 well-beaten eggs stirred in just as the soup is taken from the fire.

COCK-A-LEEKIE SOUP.

2 quarts cold water,	3 well-washed leeks,
1 veal shank,	1 turnip, pared,
1 tablespoon butter,	1 carrot, scraped,
1 tablespoon flour,	2 onions, whole,
Salt and pepper,	Celery and parsley,

A large fowl.

Let the veal, with the vegetables, herbs, and water, simmer 4 hours. Strain and add sufficient water to make 2 quarts. Remove the breast from the fowl and put it with 6 more leeks into the stock. Cook slowly until tender. Take out the chicken, cut the meat in dice, or make it into forcemeat balls and return to the soup. Rub the butter and flour together, add a little hot soup and stir into the soup 10 minutes before taking from the fire. Season with salt and pepper. In place of the veal soup 2 quarts white stock may be used.

CORN SOUP.

2 quarts boiling water	1 tablespoon butter,
6 ears corn,	1 teaspoon flour,
1 pint milk,	Salt and pepper.

Cut the corn from the cobs, and boil the cobs in the water till reduced one-half. Strain the water, and cook the corn in it. Boil slowly 15 minutes, add the milk, butter rubbed with the flour, salt and pepper, and boil a few minutes longer. Or, boil a quart of sweet milk, and add a can of sweet corn; strain through a colander, return it to the stove and season with pepper, salt and butter. Let it boil up once, add 2 tablespoons cracker crumbs and serve immediately. Chicken broth may be used in place of milk in either case.

ECONOMICAL SOUP.

Roast beef bones,	Turkey bones and dressing,
Beefsteak bits,	2 quarts water.

Use any or all of the articles and cook slowly 2 hours. Take out the bones and strings, or strain the soup. If the turkey bones are used a little chopped celery may be added with the beef bones and vegetables to suit the taste. The soup must be strained in that case and thickened with a little flour and water to which has been added salt and pepper. Serve with dry toast cut into fancy shapes.

FARINA, RICE, SAGO, AND TAPIOCA SOUPS.

Use chicken or veal broth.

Farina.—Let 3 tablespoons farina run slowly through the fingers into 2 quarts of boiling broth, stirring constantly. Serve in 30 minutes.

Rice.—Wash half a cup of rice, dry, and put into 1 quart of cold broth. Let it heat gradually; add 1 quart of boiling broth and cook till tender.

Sago.—Soak 4 tablespoons sago over night, drain and cook 1 hour in 2 quarts of boiling broth.

Tapioca.—Soak 4 tablespoons tapioca some hours, drain and cook 45 minutes in 2 quarts boiling broth.

A clear soup is improved by making a smooth paste of arrow-root, 2 tablespoons to 2 quarts broth, and stirring it into the boiling broth. It should boil 20 minutes, and be stirred like boiled custard. If the broth used in these soups is not sufficiently seasoned, add what is lacking before serving.

GUMBO FILLET.

1 full-grown chicken,	Black and red pepper,
1 slice ham,	Salt,
1 sliced onion,	Oysters,
5 cloves and allspice,	Fillet,
	2 quarts boiling water.

Cut up the chicken, dredge with flour and put into the pot with sufficient lard to fry it, adding the onion; use care to avoid burning. When fried, add the water, the ham, trimmed from the coarse fat, salt, pepper, cloves and allspice; stew till the soup is rich with bits of the chicken. Turn into the tureen and add 1 tablespoon fresh fillet and 2 if not fresh; stir to avoid lumping and add the oysters, which must have had 5 minutes previous cooking. The soup is best if 1 quart oyster liquor is added to the 2 quarts soup. Fillet is powdered sassafras leaves, dried and sifted. Make it at home.

OKRA GUMBO SOUP.

3 pounds lean beef,	6 fresh, or 1 can tomatoes,
3 quarts water,	1 cup lima beans,
1 quart okra,	1 onion.

Cook the beef in the water 1 hour, stew the onion a few min-

utes in butter and add to the soup with the okra and tomatoes cut in half-inch pieces and the beans. Stew slowly over a slow fire from 2 to 3 hours. The soup will be very thick. It may be thinned with broth or tomato juice, and is nicer the day after it is made. Season with salt and pepper and serve hot.

JULIENNE SOUP.

$\frac{1}{2}$ pound carrot,	4 ounces onion,
$\frac{1}{2}$ pound turnip,	1 ounce celery,
2 quarts stock,	Salt and pepper.

Cut the vegetables into long narrow strips and throw into cold water; drain and brown lightly in butter; take out of the butter, cover with a little stock and bring slowly to a boil. Add the full amount of stock, salt and pepper, and simmer steadily 2 hours. Serve without straining. Asparagus tips, lettuce, shredded green peas, and string beans, cut in half-inch lengths, may be boiled tender, drained and added to the soup.

MACARONI SOUP.

3 pounds veal shank,	$\frac{1}{2}$ pound macaroni,
3 quarts cold water,	Salt and pepper.

Cook the veal till it falls to pieces; add salt and pepper. Break the macaroni into inch pieces, and cook in salted water in an open kettle till tender. Cook with as little water as possible; add a little butter. Strain the soup, stir in the macaroni and serve. Grated cheese should be served with this soup. Or, 1 quart of boiling milk, thickened with butter and flour, may be used in place of veal broth. Flavor with a little curry powder and add 3 tablespoons grated cheese.

MOCK-TURTLE SOUP.

1 calf's head,	2 hard-boiled eggs,
4 calf's feet,	2 onions,
4 quarts water,	1 carrot,
$\frac{1}{4}$ pound butter,	1 lemon,
4 tablesoons flour,	12 cloves,
Salt and cayenne,	2 stalks celery.

Wash and clean the head and feet according to directions given on page 417. Put them into the water, set over a moderate fire and skim more than once. Simmer slowly till the meat is tender. Slip the bones from the meat, skin the tongue, return the bones to

the fire with the sliced vegetables, herbs, and cloves stuck in a piece of onion. Cook 2 hours. Strain and set away over night. In the morning take off the fat. Melt the butter in a saucepan, brown the flour, and add gradually the boiling soup. Cut the meat into dice and add to the soup. Let boil up and add salt, cayenne pepper, 2 teaspoons lemon juice, and 2 teaspoons sugar. A small quantity of catsup, mushroom or Worcestershire sauce may be used in place of lemon juice. Slice the eggs and lemon into the tureen and pour over them the soup. Serve with egg or forcemeat balls. The tongue and brains are used as a separate dish. Ordinarily half the meat is sufficient to cut up. The brains should be soaked in warm water an hour before cooking.

MULLIGATAWNY SOUP.

1 chicken or rabbit,	2 teaspoons curry powder,
1 veal shin, broken,	1 tablespoon butter,
5 quarts cold water,	1 tablespoon flour,
2 onions,	Parsley,
1 carrot,	3 cloves,
1 head celery, cut fine,	Salt and pepper.

Cut up the chicken or rabbit, put with the veal, 1 onion, half the carrot, cloves, and parsley, into the cold water and cook slowly until the chicken is nearly done. Remove the chicken and let the rest simmer till the veal is done. Fry the onion, the other half of the carrot, and the celery in the butter, and add the flour when brown. In 2 minutes add the curry and pieces of chicken nicely trimmed, with the veal broth and cook gently 1 hour. Add salt, pepper, and a little juice of lemon or mango pickle. Skim, strain, and serve with boiled rice.

OKRA SOUP.

1 peck young okra,	$\frac{1}{2}$ cup rice,
$\frac{1}{2}$ peck tomatoes,	1 onion,
1 beef soup bone, or	Parsley,
2 pounds ham,	Salt and pepper.

Put the meat in plenty of water, letting it boil before adding the okra. Quarter the pods and cut across the quarters in half-inch lengths. Throw away the lower parts. Wash the okra quickly and let it boil 2 hours with the meat. Pare the tomatoes, add them, and boil $1\frac{1}{2}$ hours. Add the rice, the onion, and the parsley chopped

fine, with the salt and pepper, half an hour before serving. It is important to skim the okra occasionally while it boils alone. Add boiling water if needed. Cook dry rice to serve with the soup.

ONION SOUP.

1 quart milk,	3 tablespoons butter,
1 cup cream,	2 tablespoons flour,
6 onions,	Salt and pepper.

Cut the onions in slices and cook them in the butter till a light yellow. Cover and let them cook very slowly 30 minutes. Add the hot milk with the flour, mixed smooth, boil and rub through a sieve. Return to the fire, season with salt and pepper, add the cream, and serve. More milk and butter may be substituted for the cream. Serve with croutons. The yolks of eggs may be beaten well and stirred into the soup with the cream.

OX-TAIL SOUP.

1 slice salt pork,	4 quarts boiling water,
2 ox-tails,	1 bunch soup herbs,
2 small onions,	1 teaspoon celery seed,
1 carrot,	2 tablespoons catsup,
1 turnip,	3 whole cloves,

Salt and pepper.

Separate the tails at the joints; slice the vegetables and chop the pork fine. Fry the pork, brown the onion in the fat and add the tails. Fry them 5 minutes, cutting each joint to the bone; put all into the soup-kettle, pouring on the boiling water, and simmer slowly but constantly 4 hours, or until the tails are tender. Add the rest of the vegetables, and the cloves stuck into a piece of onion, with the salt and pepper. When they are tender add the catsup and strain through a fine sieve. Set on the stove, put back the tails and serve 1 joint in each plate.

OYSTER SOUP.

1 quart oysters,	1 quart milk,
1 pint water,	Salt and pepper,

Butter.

Empty the oysters into a colander, pour the water over them; drain, and bring the liquor to a boil; skim, and add the oysters, warmed by standing on the back of the stove, and the milk, heated in a double boiler, with the butter and pepper. Cayenne may be

used in preference to white pepper. Let boil up once, add the salt and serve at once. If any object to milk, use 1 pint boiling water for the milk, and a large quantity of butter. A little rolled cracker may be added to the soup just before taking from the fire.

DRIED-PEA SOUP.

1 pound veal, or	3 quarts cold water,
$\frac{1}{4}$ pound bacon,	Salt and pepper,
1 pint split peas.	

Soak the peas over night, and cook with the veal or bacon in the morning from 3 to 4 hours. Add salt and pepper, skim out the meat, put through a sieve, return the meat to the soup, and cook till quite thick. Serve with croutons. If veal is used add a large lump of butter.

GREEN-PEA SOUP.

4 pounds veal or lamb,	$\frac{1}{4}$ pound butter,
5 quarts cold water,	1 teaspoon flour,
1 quart green peas,	Salt,
1 quart new potatoes,	Pepper.

Wash the meat, put it into the soup-kettle with the water and cook gently 2 hours, adding the salt a little before the meat is done. Take out the meat and keep hot; add the peas and the potatoes to the broth and cook till done. Rub the butter and flour together and stir into the soup, with a little pepper. Serve the meat with a parsley sauce. Or, cut the meat in bits at the end of 2 hour's cooking; add the peas and potatoes, finish as directed, and serve all from the tureen. Or, cook the peas in the water left from the meat, rub through a sieve, and add half a pint peas, and chopped lettuce. Cook till the peas are done, season with salt and pepper, and thicken with the butter and flour. Serve with bits of toasted bread. This soup should be as thick as cream.

PORTABLE SOUP.

10 pounds beef shin,	1 ounce whole black pepper,
6 pounds knuckle,	$\frac{1}{4}$ ounce Jamaica pepper,
2 fowls,	$\frac{1}{4}$ ounce mace,
4 gallons cold water,	Salt to taste.

Free the beef from fat or skin, break up the bones and cut all the meat in small pieces. Put all in a large pot with the water, cover very closely; simmer 12 or 14 hours, and then strain off the

liquor. Next day take off the fat, clear the jelly from any sediment adhering to it, and boil gently without covering, stirring often till it thickens to a strong glue. Pour into broad tin pans and put into a cool oven. When it will take the impression of a knife, score it in squares and hang the pans where it will dry. When dry, break off where scored and put in close boxes. Melt in hot water when wanted for use.

POTATO SOUP.

3 large potatoes,	1-cup cream,
1 quart water,	Salt and pepper,
1 pint milk,	Butter.

Cut or chop fine the potatoes and boil till tender. Heat the milk and cream. Add the salt, pepper and butter to the potatoes and the milk. The cream may be omitted, and more milk and butter substituted. The soup will bear considerable pepper. Or, boil a small onion with the potatoes and a little rice. When tender rub through a colander, add rich milk, a lump of butter, and season with salt and pepper.

POT-AU-FEU.

1 large beef bone, or	Parsley and celery leaves,
3 pounds lean beef,	1 leek,
4 quarts cold water,	1 carrot,
1 large onion,	1 turnip,
2 tomatoes,	Salt and pepper.

Buy freshly killed beef, and bring slowly to a boil with the herbs, salt, spices and water. Skim thoroughly, and simmer gently 2 hours. Add the vegetables and cook 5 hours longer. It must not stop boiling, and water must not be added to the soup while it is cooking. Strain the soup through a fine sieve and let stand over night. In the morning remove the fat, and pour off carefully the top from the sediment, which is good for thick soup; or the soup may be cleared according to directions. The French often use the soup the day it is made, and cook cabbage with the other vegetables. The vegetables are served in a separate dish and the hot soup poured over dice or squares of browned bread which have been placed in the tureen. The Italians serve a teaspoon of grated cheese in the soup plate of each guest. This recipe is excellent for general family use.

SPRINGTIME SOUP.

Large head lettuce,	1 tablespoon butter,
$\frac{1}{2}$ pint peas,	Salt and pepper,
Bunch parsley,	3 eggs, yolks,
1 sliced onion,	2 quarts stock.

Shred the lettuce and parsley, brown the onion in the butter, and put in a saucepan with the peas; cover with water, add the salt and pepper and cook till tender. Bring the stock to a boil; beat up the eggs with half a cup of the vegetable liquor and add with the hot stock to the other part just before taking from the fire.

VEAL SOUP.

A veal knuckle,	1 cup cream,
3 quarts cold water,	3 eggs, yolks,
$\frac{1}{8}$ pound butter,	Salt and pepper,
$\frac{1}{2}$ cup rice, tapioca, or vermicelli.	

Put the veal into a soup-kettle with the water and let it simmer 3 hours. Strain, add salt, pepper and the rice; boil slowly till tender. Rice will need 30, tapioca 40, and vermicelli 20 minutes cooking. Add the butter. Beat the eggs in the tureen with the cream, and pour the boiling soup slowly over them, stirring steadily.

VEGETABLE SOUP—1.

1 pint cooked tomatoes,	Bunch sweet herbs,
3 onions,	Pepper and salt,
3 carrots,	2 tablespoons butter,
3 turnips,	1 tablespoon flour,
1 small cabbage,	1 cup sweet cream,
Head celery,	3 quarts boiling water.

Chop all the vegetables very fine and brown them, except the cabbage, in a little butter; put them into a kettle with the boiling water, herbs, salt and pepper, and in 30 minutes add the cabbage and tomatoes. Let simmer 2 hours and rub through a sieve. Rub the butter and flour together, add the cream and a little sugar, stir into the soup and boil 5 minutes. Serve with croutons or crisped crackers.

VEGETABLE SOUP—2.

6 potatoes,	2 tablespoons butter,
4 onions,	1 tablespoon flour,
2 carrots,	1 pint milk,
2 turnips,	2 quarts stock,
Celery,	Salt and pepper.

Cut the vegetables into small pieces ; put them into the melted butter and stir briskly 10 minutes. Then add the flour, mixed smoothly, and the milk. Stir till it boils, and cook the vegetables till tender. Season to taste, put through a colander and mix with the boiling stock. Let simmer an hour and serve with croutons.

VERMICELLI SOUP.

Break half a pound of vermicelli into pieces and cook 15 minutes in boiling salted water. Drain and add to 2 quarts of rich boiling broth. Cook until tender, and serve. Sufficient for eight people.

WHITE SOUP.

This may be made by recipe for veal soup, omitting the rice, and one of the egg yolks, or by using 2 quarts chicken broth with 2 cups of cream, and yolks of 2 eggs. Beat the eggs and cream in the tureen and pour in slowly the boiling broth. Season and serve with croutons. Or, 3 tablespoons mashed potato may be rubbed to a paste with a little cold broth and stirred into the boiling broth. When well mixed pour over the cream in the tureen and add a few dice of veal or chicken.

VEGETABLES.

IF the home garden furnishes the supply of vegetables, gather them early in the morning with the dew on them, and keep them in a cold place till ready to use. If vegetables must be bought, get them as fresh as possible. Use freshly boiled hot soft water for cooking them. Beans and peas should lie an hour in cold water before snapping or shelling. Almost all vegetables are improved by lying in cold water before cooking, though the flavor of strong onions is modified by lying in warm, salted water. Old potatoes should lie over night in cold water, and they are improved by paring before cooking. Use salt in the proportion of a heaping tablespoon to 1 gallon of water. Beans, beets, corn, peas, squashes, tomatoes and turnips are improved by adding a little sugar before serving them. Drain vegetables in a colander as soon as cooked, and prepare immediately for the table.

Always add a little soda to the water in which greens are cooked, to preserve their color. A small piece of red pepper, a piece of bread tied in a cloth, or a bit of charcoal dropped into the water in which strong vegetables are cooking will absorb much of the disagreeable odor. The bread should be burned when taken from the water. It is much better to boil the meat by itself, and pour off part of the water if it is desirable to cook vegetables in the liquor instead of putting them in with the meat.

If watery potatoes must be cooked, add a small lump of lime to the water. For baking or boiling whole vegetables, carefully select those of uniform size, and boil them steadily but not furiously.

Old vegetables require nearly twice as much time for cooking as young ones. Many consider that potatoes are nicer boiled in two waters, but the second water must be boiling and added immediately after the first is drained off. All sliced vegetables should be cut across and not with the grain. All vegetables should be thoroughly cooked, and they require a longer time late than early in the season.

In gathering asparagus, break the stalk, do not cut it off. Below the point at which it will break off it is woody fibre.

Cook asparagus, lima beans, beets, corn, sliced cabbage, carrots, cauliflower, celery, okra, green peas, spinach and turnips, in boiling water; add salt to the water in which string beans, cabbage, onions, potatoes, and squashes are boiled. Cover all vegetables while cooking, except string beans, green peas, spinach, and tomatoes. If Irish or sweet potatoes are frozen, bake or boil them without thawing. Cold boiled potatoes should not be pared until needed for use.

ASPARAGUS.

Scrape off the coarse skin, tie in bunches, making the tips even, and cut off the woody ends, leaving them of equal length. Wash, and lay them in boiling water, slightly salted, and cook slowly 20 minutes, or till tender. Take out the asparagus carefully, lay it on thin slices of buttered toast, and remove the strings. Serve with melted butter, or cream sauce.

AMBUSHED ASPARAGUS.

50 heads asparagus,	4 well-beaten eggs,
25 stale rolls or biscuit,	.1 pint milk,
2 tablespoons butter,	Salt and pepper.

Cut off the tender tips of the asparagus, boil in salted water till tender, drain and chop fine. Take the biscuits, cut off the tops, scoop out the inside, and put them, with the tops, into the oven to dry. While drying, heat the milk, stir in the eggs, strain, and return to the fire. When it thickens, add the butter, salt, pepper, and asparagus. As it begins to boil, take from the fire, fill the biscuit with the mixture, fit on the tops carefully, set in the oven 3 minutes, arrange on a dish and serve.

ASPARAGUS AND EGGS.

Cut tender asparagus in half-inch lengths, and boil in salted water 10 minutes, or till tender. Beat the whites and yolks of 6 eggs separately. Stir into the yolks 1 tablespoon each cream and melted butter with pepper and salt. Drain the asparagus, mix with the yolks of eggs, turn into a buttered saucepan, stir in the whites, heat through and serve. Garnish with croutons.

STEWED ASPARAGUS.

Cut tender asparagus in inch lengths, wash, drain and cook rapidly in salted boiling water until tender. While it is cooking make a cream sauce as follows: melt 2 tablespoons butter in a saucepan over the fire. When it bubbles shake in 1 tablespoon flour; mix well and stir in 1 cup boiling milk, with salt and pepper. Add the asparagus, well-drained, and a small piece of butter. Stir carefully, and serve very hot on pieces of buttered toast.

CREAM BAKED BEANS.

1 pint beans,	1 tablespoon sugar,
1 cup cream,	Salt.

Soak the beans over night. In the morning drain, cover with boiling water and cook till tender. Put them in a bean pot or stone jar, add the cream, salt and sugar, and bake in a moderate oven till thoroughly baked. Take off the cover before they are done, in order to brown them.

GRANDMOTHER'S BAKED BEANS.

1 quart dry beans,	2 tablespoons N. O. molasses,
1 pound bacon,	1 teaspoon soda.

Salt and pepper.

Wash the beans in hot water, drain, put in a kettle with the bacon and cover with boiling water; boil half an hour, add the soda, stir well, cook 5 minutes, and skim into a bean pot. Season with salt and pepper, add the molasses, score the rind of the bacon, cover it with the beans, add boiling water till it stands on the top, and place in a moderate oven. Bake steadily 6 hours, adding hot water as they dry; after that time, the cover may be left off and the beans baked as dry as liked. The secret of success lies in using hot water throughout; cold water hardens and toughens beans. The bacon is much nicer than pork, giving a delicate smoky flavor. This recipe will make three quarts when done.

FRENCH, STRING AND WAX BEANS.

The beans should snap when bent. String carefully, break off the ends and cut in 2 or 3 pieces. Let them stand 15 minutes in cold water. Drain; throw them into boiling salted water; cover and boil half an hour; uncover, and let them cook steadily 1½ hours if the beans are light ones, and an hour longer if they are

the green variety. If the beans are nearly dry do not drain them, but add butter and sweet cream, and more salt if needed, before serving them. Or, cook a little piece of salt pork with the beans. When done, take out the pork, drain off the water, and serve with a little cream or cream sauce. Green shelled beans may be cooked in the same way; they will be ready to serve in 30 or 45 minutes.

DRY LIMA BEANS.

Wash the beans in warm water, soak 3 hours and drain. Cover with boiling water, and cook steadily from $1\frac{1}{2}$ to 2 hours, or till tender. Drain off the water, or if almost dry, without draining, add cream, butter rubbed with a little flour, salt and pepper. Take from the fire in 5 minutes and serve.

SHELLED BEANS.

Butter, cranberry, kidney, or lima beans may be used. Cover with cold water and soak half an hour. Throw the beans into boiling water; add a very little salt and cook from half an hour to 2 hours, according to variety and age. When tender, drain off the water, add cream, salt, pepper, and butter, and stew 10 or 15 minutes longer. Select only young beans for this dish.

BEETS.

Choose the small smooth roots. Wash carefully, but do not break or cut them, else the color and sweetness will escape while cooking. Cover with plenty of boiling water and cook them from 1 to 2 hours if the beets are young, if old they may require 4 or 5 hours. When tender, drop them into a pan of cold water and slip off the skin. Slice, unless very small, and serve with melted butter, or a hot sauce of vinegar, salt, and butter thickened with a little flour. Or, serve cold with salt and pepper, after slicing and letting them stand a few hours in vinegar. Or, bake them in a hot oven, turning them frequently with a knife to avoid breaking the skin. When done remove the skin, slice and serve with butter or a vinegar dressing.

BAKED CABBAGE.

1 tablespoon butter,	2 well-beaten eggs,
4 tablespoons cream,	Pepper and salt.

Chop finely a cold, boiled white cabbage that has been perfectly drained. Mix with the above ingredients, put into a buttered pud-

ding dish, and bake in a moderate oven until a light brown. Serve hot.

BOILED CABBAGE.

Halve or quarter the cabbage and lay in cold salted water to draw out the little insects hiding in the leaves. Drain well, and put into a large quantity of boiling salted water; cover, and after cooking 10 minutes, change the water, but do not cover the second time. A summer cabbage will cook in 30 or 40 minutes, but it will require from 1 to 1½ hours for the winter variety. Drain very dry in a colander. Dress with melted butter, pepper and salt, or a cream sauce. Or, halve the cabbage, remove the hard center, let stand 2 hours in cold water, tie in a cabbage net or a thin piece of muslin, and cook in boiling salted water. Or, shave finely, put in a net and cook as usual.

CREAMED CABBAGE.

Slice as for cold slaw, and cook 30 minutes in boiling salted water. Drain, and put into a saucepan with 1 cup rich cream, 1 tablespoon butter, 1 teaspoon sugar, a little salt and pepper. Let simmer 3 minutes and serve. Or, put the cabbage in salted boiling water, cover closely, and cook 15 minutes. Pour off the water, add rich hot milk, and when tender, add butter and 1 teaspoon flour mixed with milk; season, and when it boils, serve.

FRIED CABBAGE.

Melt 1 or 2 tablespoons butter in a hot spider. When it bubbles throw in sliced boiled cabbage, and fry a light brown. If a tart taste is desired, add 2 tablespoons vinegar before taking from the fire.

HEIDELBERG CABBAGE.

2 small red cabbages,	3 tablespoons vinegar,
1 onion,	2 tablespoons butter,
4 cloves,	1 teaspoon salt.

The cabbages must be hard and firm. Halve, lay the flat side down, and cut across in thin slices. Put the butter, or drippings into a saucepan, and when hot add the vinegar and salt with the cabbage; stick the cloves into the onion, and bury it in the cabbage. Boil 2½ hours. If it becomes dry, and in danger of scorching, add a very little water.

STUFFED CABBAGE.

Cut out the heart of a large fresh cabbage. Fill the vacancy with forcemeat balls of chicken or veal. Tie the cabbage firmly together, put into cheese-cloth and boil 2 hours in a covered kettle.

CARROTS.

Scrape them well, and let them lie in cold water half an hour. Cook them in boiling water until tender. Winter carrots, if whole, require from $1\frac{1}{2}$ to 3 hours; summer carrots, from 30 to 45 minutes. Or, slice the carrots very thin and boil until tender.

CREAMED CARROTS.

1 cup cream,	1 tablespoon butter,
Salt and pepper,	1 tablespoon flour.

Make a cream sauce according to directions, and stir in the boiled carrots cut in dice. Stew gently 15 minutes, add a little chopped parsley and serve.

FRIED CARROTS.

Melt some butter in a hot spider. Cut cold boiled carrots into long thin strips. When the butter bubbles lay in the carrots, sprinkle with salt, pepper and sugar, and fry till the edges are brown and crisp. A little finely chopped parsley is an improvement.

LYONNAISE CARROTS.

Chop an onion very fine and fry in a tablespoon of butter and nice drippings. Add the boiled carrots, cut in small dice, with pepper and salt. Stir, fry them golden-brown, add a little finely chopped parsley, mix well and serve.

CAULIFLOWER.

Trim off the outside leaves, cut an X in the stalk, and put head downward into salt, or vinegar, and water for 30 minutes, that all insects may be drawn out. Drain well, tie loosely in a piece of cheese-cloth put into boiling salted water whitened with milk, and boil gently until tender, which will depend upon the size, one of medium size requiring 40 or 45 minutes. Lift it carefully by the cloth, drain thoroughly, put into a vegetable dish, pour over it a nice cream sauce, cover a few minutes, and serve.

SCALLOPED CAULIFLOWER.

1 cup cream,	1 tablespoon butter,
Salt and pepper,	1 tablespoon flour.

Boil a cauliflower as directed. Make a cream sauce. Put the cauliflower into a buttered pudding dish, pour over the sauce taking care that it penetrates the whole; cover with bread crumbs, dot with butter and brown in a moderate oven. A little grated cheese and cayenne may be added to the sauce before it is used. Or, boil common heads, break off the flowers and lay them in the pudding dish with chopped eggs. Pour over them a sauce like the above, using milk in place of cream, with twice the quantity of butter. Cover with bread crumbs and bits of butter, and bake thoroughly.

CAULIFLOWER AND TOMATO.

Place a nicely boiled cauliflower on a round dish, and pour a rich tomato sauce around its base. This may be served as a separate course.

CELERY FRITTERS.

Cut celery into 2-inch lengths, cook until tender in salted water, dip in a batter made according to directions for fritters on page 71, and fry in boiling lard.

STEWED CELERY.

Wash the celery carefully; cut in 2-inch lengths, boil in salted water 25 minutes, and drain. Stir gradually into 1 tablespoon hot butter, 1 tablespoon flour, and add $1\frac{1}{2}$ cups of the celery water. When it boils stir in the celery. Add a little cream and butter with salt, and cook 25 minutes, or until tender, over hot water. This may be served alone or on buttered toast. Serve hot.

CORN.

Remove the silk and the husk except the leaves close to the corn, or strip off every particle of silk and husk. Put the corn into a large pot of boiling water or set in a steamer over the water. Cover tightly and boil rapidly 20 or 30 minutes. Take from the fire and let the corn stand in the pot 10 minutes. Drain, pull off the leaves, if any remain, and serve in a hot folded napkin. Never salt the water as it hardens and colors the corn.

CORN CAKES.

1 cup milk, ½ cup flour,
 1 cup corn, ½ teaspoon salt,
 2 teaspoons butter,

Cold boiled corn may be used. Cut from the cob, and mix in the proportions given. Fry in hot butter or drippings like griddle cakes. Serve with butter and sugar, or syrup.

CORN CHOWDER.

Cut half a pound of salt pork in small pieces, and boil in 2 quarts of water with 4 onions sliced very thin. Boil 20 minutes, and add 6 medium-sized cooked potatoes cut in thick slices, 1 quart of milk scalding hot, and 1 quart of corn. Let all come to a boil; cover the bottom of a soup tureen with buttered crackers, pour the soup over them, and serve while hot.

CORN FRITTERS AND CORN OYSTERS.

See page 73.

CORN FRITTERS OR MOCK OYSTERS.

6 ears corn, grated, 2 eggs, well beaten,
 1 tablespoon flour, Salt and pepper.

Mix the ingredients well together, drop from the spoon into hot butter or lard and fry brown like oysters.

ROASTED GREEN CORN.

Turn back the husks, remove all the silk, cover with the husks, and roast in the hot ashes of a wood fire; eat with butter, pepper and salt. Roast in the forest, on the beach, or out of doors anywhere.

HULLED CORN.

This dish must be prepared the day before it is wanted for use. Soak 2 quarts of corn over night. Place it over the fire in a kettle which will allow it plenty of room to swell. Boil in water, to which enough lye has been added to give it a slippery feeling, until the hulls will come off. Wash thoroughly in clear water, rubbing with the hands, if necessary, to remove any remaining hulls. Return the corn to the kettle and boil until tender, stirring often to prevent burning; salt to taste. This quantity will be sufficient for several meals for an ordinary family and will keep

nicely in a cool place. Serve with milk, or cream, or cream and sugar. It is also nice made into corn fritters.

CORN PUDDING.

12 ears corn,	Salt and pepper,
1 pint milk,	3 eggs,
2 tablespoons butter.	

Score and scrape the corn. Beat the eggs, whites and yolks separately and add the butter, salt, pepper, a little sugar, milk and the corn. Mix well and bake in a buttered dish 45 minutes.

STEWED CORN.

Score the corn with a sharp knife and press out the grains with the back of the blade. Add half a pint of rich milk to 1 quart of corn and cook until tender in a double-boiler. Add salt, pepper and 2 tablespoons butter. If too dry add a little cream. Or, add sufficient water to the corn to cook without burning. In 20 minutes drain off the water, add a cup of cream, and 1 tablespoon butter with pepper and salt. Cook 10 minutes longer and serve.

STEWED DRIED CORN.

1 pint corn,	1 tablespoon flour,
2 tablespoons butter,	3 tablespoons cream,
Salt and pepper,	1 teaspoon sugar.

Soak the corn over night in cold water; if that cannot be done, cover with water and place over a kettle of hot water for 3 or 4 hours. When softened, cook 5 minutes, add the rest of the ingredients, cook 5 minutes longer and serve.

CUCUMBERS.

These may be fried, stewed or stuffed.

Fried Cucumbers.—Take young fresh ones, cut across if large, lengthwise if small, dip in egg and flour or bread crumbs, let stand 15 minutes and fry in boiling lard. When done place on a paper in the mouth of the oven.

Stewed Cucumbers.—Peel, cut in long quarters, cook in boiling water until clear; drain, put into cream sauce, and serve after cooking in hot water 10 minutes.

Stuffed Cucumbers.—Use large ripe cucumbers. Pare, cut lengthwise in halves, and take out the seeds. Fill the halves with

a forcemeat dressing, tie them together and cook 1 hour in broth. Add enough for a sauce, thicken with cornstarch and serve.

BOILED DINNER.

Wash the corned-beef and put it into a large pot of cold water. Cover tightly, and when it boils, set the pot where it will simmer gently. Allow 30 minutes to the pound from the time the water begins to boil. Quarter the cabbage, halve the turnips, and pare both turnips and potatoes; string the beans, and wash the beets carefully. Small turnips and beets need boiling from 1 to 2 hours, large ones longer; beans take 2 or 3 hours, and potatoes from 30 to 45 minutes. Cook the cabbage in boiling salted water according to directions. If the flavor of the beef is desired, take out some of the liquid and add to the cabbage-water. Serve the vegetables in separate dishes unless it is desired to garnish the beef with some of the smaller varieties. Parsnips and carrots may also be used. Parsnips will need to cook 45 or 60 minutes, carrots need from 1 to 2 hours. The secret of a nice boiled dinner is to cook long and slowly.

EGG-PLANT.

Avoid very large or old plants. Buy firm, glossy, medium-sized ones. It is unnecessary to slice them. Salt and drain the plants in order to have them sweet and tender. The bitter taste comes from being over-ripe or frosted. Peel and cut the vegetables in slices half an inch thick. Dip in beaten egg and flour, lay in boiling lard, not butter, and fry till brown. Turn carefully, and watch to prevent scorching. When tender, lay in the mouth of the oven on paper. Sprinkle with salt and pepper, and serve when dry. If covered, it loses its crispness. Or, peel, slice and boil till tender; drain, mash fine and season with salt, pepper, and butter.

BAKED EGG-PLANT.

Peel the vegetables; cut them into large dice, and simmer 10 or 15 minutes in a little boiling water. Drain in a colander, and press out any juice that remains. Add a little chopped parsley, pepper, salt, lemon juice or vinegar, and 3 tablespoons butter. The egg-plant should absorb all the butter. Pour into a buttered

pudding dish, cover with bread crumbs, dot with butter, and bake 30 minutes. An onion, grated and fried, may be added to the mixture before baking. Or, take stewed egg-plant and when seasoned put into a buttered baking dish, cover with cracker crumbs, dot with butter, and bake half an hour.

GREENS.

Beet-tops, chickory, cowslips, dandelions, endives, kale, turnip-tops, rhubarb, sorrel and spinach, are classed under this head. Only young leaves or plants are fit for use, and beet and turnip tops must be very young. Dandelions should be cut when small and before blooming. All the spines and fibres of rhubarb, sorrel and spinach, must be carefully picked out. Look over plants or leaves carefully, reject stalks, tough or wilted leaves, wash thoroughly in several waters, drain well and cook in plenty of boiling salted water. Rhubarb, sorrel and spinach should not be covered while cooking. When done they will sink to the bottom of the kettle; skim them out quickly into a colander, press dry with a saucer, and prepare for the table. A piece of bread pinned in a cloth and boiled with the greens will absorb any disagreeable odor. It should be burned when taken from the kettle.

Greens require from five to thirty minutes cooking, according to the age or variety. A good general rule for preparing greens is to ~~chop~~ chop them after draining; heat, season with salt, pepper and butter; vinegar may be added. Serve very hot.

Kale requires longer boiling than most greens. When dry and chopped fine, add a little cream sauce, make into a mound, garnish with croutons and serve.

Rhubarb and sorrel should be scalded, and boiled in fresh water. Dress like spinach.

Spinach should be washed in several waters to free it from insects; drain and boil slowly in a little salted water 10 or 15 minutes. It will keep its bright color if left uncovered. Drain it perfectly dry, pressing out the water with a plate, chop it very fine, add plenty of butter, salt, pepper, a very little sugar, some cream or nice gravy, and heat all in a saucepan. Arrange it in a mound, garnish with slices of hard-boiled eggs, and serve hot.

Chickory, dandelions, endives, also lettuce, may be dressed in like manner.

VEGETABLE HASH.

Chop the cabbage, parsnips, potatoes, turnips, or other vegetables left from a boiled dinner. Put equal parts of butter and beef drippings into a spider, and when hot put in the vegetables. Add pepper and salt and a very little water. Some of the chopped beef improves the flavor. Cover, and when thoroughly heated, uncover, and stir occasionally to prevent burning. Serve hot.

BOILED MACARONI.

Though composed largely of flour and water, and rightly served as an entrée, it is commonly classed and served as a vegetable. However it finally appears on the table, it is first boiled, and these directions will suffice as the foundation for other preparations. Use boiling salted water in the proportion of 3 pints water and $1\frac{1}{2}$ teaspoons salt to one-fourth pound macaroni. Break the macaroni in short lengths, drop into the water, cook rapidly, without covering, until tender, which will be in 20 or 30 minutes, and drain. A simple dressing is made by heating 1 cup cream, and stirring into it 1 tablespoon butter rubbed smooth with 1 teaspoon flour; season, and when it boils add the macaroni, heat thoroughly, pour into a deep dish, cover with grated cheese or serve the cheese in another dish. Or, the macaroni, after draining, may be served with melted butter and grated cheese.

MACARONI AND CHEESE.

Butter a pudding dish and fill with alternate layers of boiled macaroni and grated cheese, the upper layer being of cheese. Add bits of butter with pepper and salt to each layer. Moisten with rich milk, cream, or strong stock, set in a moderate oven and bake a rich brown. Boiled rice may be used in layers with the macaroni and cheese. Or, stir into $\frac{1}{2}$ cup of hot milk 1 tablespoon butter, with salt and pepper. When it boils pour it gradually over the well-beaten yolks of 2 eggs and 4 tablespoons grated cheese. Put one-fourth pound boiled macaroni in a pudding dish and pour the dressing over it. Sprinkle grated cheese over the top and bake half an hour.

MACARONI AND OYSTERS.

Fill a buttered pudding dish with alternate layers of boiled macaroni and oysters. Sprinkle the oysters with pepper and salt, and dot with butter. Pour over all 1 cup milk or cream, cover with bread crumbs, and bake 20 minutes in a hot oven.

MACARONI AND TOMATOES.

Cook half a can of tomatoes, or the equivalent in fresh tomatoes, with 1 tablespoon chopped onion. Sift and add 1 tablespoon butter rubbed smooth with 1 tablespoon flour, and salt and pepper. When the sauce is hot put the macaroni into it and simmer 25 minutes. Serve, and accompany with a dish of grated cheese. Or, cook one-fourth pound macaroni in a quart of rich stock; when tender the stock should be nearly all absorbed. Drain, put in a deep dish, cover with a tomato sauce, strained and seasoned with salt, pepper and butter, and set 15 minutes in a moderate oven.

MUSHROOMS.

As there are two kinds, the edible and the poisonous, buy fresh ones from only those who know and understand mushrooms. In cooking, bear in mind the old test that poisonous mushrooms will discolor a silver spoon. Mushrooms may be baked, broiled, fried, stewed, scalloped, and served in catsups, gravies, and sauces. Large ones are best for baking, broiling and frying, while button mushrooms are more desirable for other preparations. They must be cooked in a porcelain-lined saucepan or an earthen dish. Peel and cut the stalk half an inch from the top of the mushrooms which are to be baked, boiled or fried.

Baked Mushrooms.—Lay upside down in a buttered pie-plate, sprinkle with salt and pepper, dot with butter, bake in a quick oven, basting frequently with melted butter. Serve in 15 minutes after squeezing lemon juice over them.

Broiled Mushrooms.—Dip in melted butter, season with salt and pepper, lay on a hot gridiron, the upper side down, cover carefully and broil quickly on both sides. In five minutes, if tender, take them off carefully and place on thin slices of buttered toast. Add a little melted butter and serve.

Fried Mushrooms.—Melt butter in a hot spider, sprinkle with salt

and pepper, put in the mushrooms and fry 4 or 5 minutes. Serve on thin slices of buttered toast.

Mushrooms for stews, scallops and sauces, etc., should be peeled and washed, after the stalks have been scraped and the earthy ends cut off. Let them lie 5 minutes in cold water. Dip them out, so that the water will drip from them and put them into a saucepan. Enough water will drain out to stew them; in 5 minutes add 1 tablespoon butter rubbed smooth with a little flour, salt, pepper, and 2 tablespoons cream. Let it boil, take from the fire and add the beaten yolk of an egg.

In preparing scalloped mushrooms, take them from the cold water, dry well, and let them simmer 5 minutes in hot butter. Add a little flour, finely chopped parsley, salt, pepper, and a cup of broth. A little lemon juice improves the flavor. Cook gently 10 or 15 minutes, take from the fire, stir in lightly the beaten yolk of an egg, and put into buttered shells; cover the top with bread crumbs, dot with butter, set in a quick oven and serve very hot.

CANNED MUSHROOMS.

Open the can and drain the mushrooms, melt one tablespoon butter in a porcelain-lined saucepan, and when it boils shake in a little flour, add 1 cup cream, salt, pepper and the mushrooms. Heat thoroughly without boiling, remove from the fire and stir in the beaten yolk of an egg. This may be served on thin slices of buttered toast, or poured over broiled beefsteak. As canned mushrooms are cooked they only require to be heated before serving.

OKRA.

Take the young tender pods, cut off the stems close to the shoulder, put them into a granite or porcelain-lined saucepan, iron discolors them, and cover with boiling salted water. Boil from 20 to 30 minutes, and drain off the water. Season with butter, salt, and pepper; vinegar may be added. Serve hot. Or, after boiling, slice in rings, season with butter, dip in batter and fry.

OKRA AND TOMATOES.

Slice young, tender pods crosswise; pare and slice an equal measure of tomatoes. Slice 2 pods of sweet peppers, throwing

out the seeds, and stew all together for an hour or more. Add only water sufficient to keep the vegetables from burning. Season with butter and salt. If liked, a little piece of ham and a small quantity of rice may be cooked with the other ingredients.

BAKED ONIONS.

Use Bermuda or Spanish onions. Wash, and cook them 1 hour in boiling salted water. When tender, take the onions and lay them on a cloth to absorb the water. Roll each one in a piece of buttered tissue paper, twisting it at the top to keep it on, and bake 1 hour in a slow oven, or until tender. Peel, baste with butter, brown in 15 minutes, season with pepper and salt, pour on melted butter and serve. Or, cut a slice from the top and bottom of each onion, peel them in water, cook them in boiling salted water, whitened with milk. When tender, take them out, drain, put into a dripping pan, sprinkle with salt, pepper, sugar, dot with bits of butter, add a little water, and brown nicely.

BOILED ONIONS.

Select white onions, cut a slice from the ends, and peel under water. Boil in a granite or porcelain-lined saucepan in plenty of boiling water. Pour off the water in 20 minutes and add more, which should be salted. Cook 1 hour, or till tender. Drain and serve with melted butter, pepper and salt. The water should be changed three times if the onions are strong. Or, after boiling, drain well and stew them gently in a cream sauce over hot water.

FRIED ONIONS.

Slice and boil onions ten minutes each time, in three waters; drain, fry in equal quantities of butter and lard, sprinkle with salt and pepper, and serve when brown.

PARSNIPS.

Old parsnips should be pared, and young ones scraped. Let them lie 15 minutes in cold water; drain, and cook in boiling salted water from 1 to 3 hours. Parsnips are first boiled however they may be served afterwards. They are creamed, fried, mashed, or stewed.

Creamed Parsnips.—Slice boiled parsnips, and gently cook them 15 minutes in a cream sauce.

Fried Parsnips.—Cut the boiled ones in long thin slices, dip them in flour, or egg and flour, fry in butter, and season with salt and pepper. Or, dip them in fritter batter and drop into boiling lard. When brown and puffed, take them out and drain on brown paper.

Mashed Parsnips.—These should be cooked tender and rubbed through a colander; add pepper, salt, plenty of butter and a little cream or milk. Serve like mashed potatoes.

Stewed Parsnips.—These should be pared without boiling, cut in slices half an inch thick, and cooked in a saucepan with just enough water to cover them; season with salt and pepper, a large lump of butter, cover closely and stir to prevent burning. When tender, and the water has cooked away, the parsnips will be a creamy, golden color and very sweet.

Parsnip Smother.—Make this by frying dice of fat salt pork, in a kettle, putting in equal quantities of sliced boiled parsnips and potatoes, with pepper and salt to taste. Over the top put a rich biscuit crust, with a hole in the center through which to pour water. Add a pint of water last, cover the kettle closely and at once, that the crust may get the full benefit of the steam.

GREEN PEAS.

Put the pods into cold water some time before shelling. Never wash the peas. Do not cook large and small peas together, but use separate saucepans. Boil fresh young pods half an hour, strain off the water, and boil the peas in it, using no more water than absolutely necessary. Boil uncovered for 20 or 30 minutes. When tender, drain off the liquid, add a little cream, a large piece of butter, salt and pepper. Or, take equal parts of flour and butter, rub smooth, and stir into the peas, which should have a little liquor left on them. Season with salt and pepper.

Pea Fritters.—Take 1 pint mashed peas, prepared for the table, mix cold with 2 beaten eggs, 1 cup sweet milk, half a cup flour, and $1\frac{1}{2}$ teaspoons baking powder. Bake like griddle cakes for breakfast.

Stewed Peas.—Take 1 quart peas, a little chopped lettuce, and 1 onion sliced very thin. Add butter, pepper and salt, but no more water than remains about the lettuce after washing it. Stew

it gently 2 hours. Just before serving, stir in a well-beaten egg.

DRIED PEAS.

Soak over night; put them in cold water, and when boiling pour off the water, add fresh and cook until tender. The water should be nearly absorbed. Season with salt, pepper, plenty of butter and a little cream.

BAKED POTATOES.

Always use a brush in washing potatoes. Select smooth ones, of medium size, cut off a little slice from the seed end, and put them on the slide in a hot oven; when half baked turn them. Bake from 45 to 60 minutes, according to the size and variety.

POTATO BALLS.

Mix mashed potatoes with the beaten yolk of an egg. Shape into small thin cakes, dip in flour and fry brown. Or, egg and crumb them and fry in butter or boiling lard.

BOILED POTATOES.

Wash clean, potatoes uniform in size. Do not pare them if in the fall or early winter. Later, a little ring may be pared around the potatoes before putting them into cold water to freshen, and toward spring they usually will need to be pared and have the blemishes cut away before soaking. They may be put on to boil in cold or boiling salted water. A trial of each will allow the cook to make her choice. If cooked in cold water do not cover the kettle; when almost tender pour off nearly all the water, cover tightly and steam until done. Take off the cover and let them stand a few minutes to dry. If necessary, pare before serving. Cover them, if boiling water is used. Potatoes are particularly nice if steamed over boiling salted water.

POTATO BORDER.

Arrange creamy mashed potatoes around a plain mould on a platter. Remove the mould, glaze with white of an egg and brown lightly in the oven, or garnish with yolk of egg pressed through a strainer. Fill with creamed meats or ragout of fish or meat.

BREAKFAST POTATOES.

Pare, cut in very thin slices, and cook in a very little salted water. When tender, let the water evaporate, add salt and a lump

of butter, with cream or milk. Cook 10 minutes, stirring occasionally, and serve.

BROWNED POTATOES.

Wash and pare potatoes of uniform size. One hour before dinner lay in the pan with beef or veal and baste frequently. Sprinkle with salt and when half done turn them. Serve on the platter with the meat.

CREAMED POTATOES.

Cut cold potatoes in irregular pieces. Prepare cream, as for toast, with a large amount of butter in it. It should be very smooth. When the cream comes to a boil add the potatoes; stir them till thoroughly heated and serve immediately. Or, melt a larger piece of butter in some milk, and add the potatoes. When heated set back in a cooler place and cook slowly from 20 to 30 minutes until the milk is thoroughly absorbed in the potato. Add salt shortly before serving. Or, heat milk, butter, salt, a little flour and the potatoes and put into a buttered dish and bake 20 or 30 minutes.

POTATO CROQUETTES.

2 cups mashed potatoes,	Lemon juice,
1 cup boiled rice,	2 eggs,
2 tablespoons cream,	Nutmeg.

The rice must be soft enough to mash smooth, or rub through a colander. Mix with the potato and cream, beating all together thoroughly. Beat the yolks and whites of eggs separately. Stir in the yolks, whip in the whites, and add a little lemon juice and nutmeg. Shape in finger rolls, dip in beaten egg and bread crumbs, and set in the ice box 1 hour. Put them in a frying basket and cook till a golden brown, in boiling lard. Lay them on brown paper in the mouth of the oven.

FRENCH POTATOES.

Pare, cut in orange-like sections and throw in cold water. After 30 minutes drain and lay the potatoes on a cloth to dry. Put in a basket and fry in boiling lard. Lay on brown paper and sprinkle with salt.

FRIED POTATOES—1.

Pare and slice them into cold water, drain and put into a hot

spider in which are equal parts butter and beef drippings. Cover closely, cook 10 minutes, turn, brown and serve. Sweet potatoes are nice cooked this way.

FRIED POTATOES—2.

Peel freshly boiled potatoes, taking care to keep them whole. Egg and crumb the potatoes and fry a light brown in butter or boiling lard.

POTATO HASH.

Pare boiled potatoes, and chop moderately fine. Melt in a hot spider equal quantities of butter and nice drippings, put in the potatoes and sprinkle with salt and pepper; stir occasionally to keep from burning, and serve when well browned.

LYONNAISE POTATOES.

Fry a part of a small onion in butter till a golden-brown color. Slice potatoes across the breadth in quarter-inch thick pieces, and put them in the spider. Simmer gently till the butter is absorbed and their edges are a delicate brown. Sprinkle with salt, pepper, and very finely chopped parsley, mix well and serve. The potatoes must not brown.

MASHED POTATOES.

Pare and boil the potatoes. Drain and dry them. Mash in the pot in which they were boiled, adding salt, cream, or hot milk in which a large lump of butter has been melted. Beat thoroughly to make them white and creamy. Put into a hot dish, smooth the top nicely, and serve. This dish should be prepared with especial care.

NEW POTATOES.

Never peel them with a knife, but scrub and rub and wash off the skin. Cover with boiling water, and cook rapidly in a closed kettle. When tender, drain off the water, sprinkle with salt, and set on the back of the stove to dry. Serve very hot. Or, make a sauce of 1 pint milk, 2 tablespoons butter, and 1 tablespoon flour; when it is boiling, add the small potatoes, or the larger ones, broken, heat together and serve. Or, prepare the potatoes for boiling. Melt some butter in a saucepan, and, when hot, place the potatoes in it; simmer slowly, turn occasionally, and take them up when

done. Put them in another pan with sufficient fresh butter to form a sauce, shake them over the fire till the butter is melted, arrange in a dish, pour the butter over them, and sprinkle with salt. Serve as hot as possible.

POTATO NUTS.

Pare raw potatoes, cut them in balls with a vegetable cutter and throw them into cold water. Drain, throw them into salted boiling water for five minutes; skim them out, drain dry and put into a hot spider with plenty of butter. Shake them around, and set the spider into the oven to brown the potatoes. Salt and serve. Or, cook in boiling lard, drain, salt and serve.

POTATO RISsoles.

Mash potatoes, add salt, pepper, and a little chopped parsley. Roll the potatoes into small balls, egg and crumb them and fry in hot lard 2 minutes. Finely minced tongue or ham may be added with good effect, or even chopped onions.

SARATOGA POTATOES.

Slice medium-sized potatoes very thin and even. Use a plane if possible. Drop them into ice water. When very cold take out a few, and dry on a napkin. Separate the slices, drop them into a kettle of boiling lard; keep them apart while cooking. As soon as they begin to turn a pale yellow, skim out and place on a wire sieve set on a plate in the oven. Sprinkle with salt. These will keep some time; they may be heated in the oven or served cold. They should not be the least greasy.

SCALLOPED POTATOES.

Peel raw potatoes, slice thin into very cold water, and let them remain in a cold place over night. Allow plenty of water as the potatoes will swell. This standing hardens the slices so that they do not go to pieces in cooking. In the morning, pour them into a colander and shake them dry, put them in layers in a well-buttered baking dish, sprinkling each layer with pepper, salt, and a few bits of butter. When the dish is full, pour in sweet milk to come to the top of the potatoes; bake in a slow oven 1 or 2 hours, or until done. Too hot a fire causes milk that is cooking to separate, when it will not be so nice. Be sure and let the top brown. Serve it

the same dish. Or, a little flour may be shaken between the layers, and 2 yolks of eggs, beaten well, stirred into the milk before pouring over the potatoes. Cover the dish during the first half of the baking.

POTATO SNOW.

Choose white potatoes that are mealy when cooked. Boil in their jackets. Dry, peel and sprinkle with salt. Rub through a colander, or wire sieve into the dish in which it is to be served. Avoid disturbing it after sifting. Serve hot.

POTATO SOUFFLÉ.

2 cups mashed potatoes,	2 tablespoons melted butter,
2 eggs,	6 tablespoons cream.

Heat and beat the potato, butter, and salt to the consistency of cream; add the cream and the eggs, beaten separately; beat all together and bake in a quick oven till nicely browned. Or, omit the yolks of eggs, add the beaten whites last, mix well and bake.

SWEET POTATOES.

Wash and bake in a hot oven; or steam over boiling water and dry in the oven. Or, when almost done, take off, scrape or peel them, place in a dripping pan, and bake. Or, cut in slices and fry in butter. Or, peel and slice when raw, and fry, a layer at a time, on a griddle, or in a frying pan, in butter, being careful not to cook long. Or, drop in boiling lard, and brown on both sides. Or, halve, or quarter, and bake in a pan with roast beef, basting them often with the drippings.

BROILED SWEET POTATOES.

Cut whole boiled potatoes lengthwise into slices a quarter of an inch thick, and lay upon a gridiron over a clear, hot fire. Brown nicely on both sides, sprinkle with pepper and salt, lay upon a hot dish and butter each slice.

MASHED SWEET POTATOES.

Wash the potatoes and boil them till they are tender, then take off the skins and mash, adding salt, pepper and butter. Put them in a dish in a hot oven for five minutes before serving.

SCALLOPED SWEET POTATOES.

$\frac{1}{8}$ cup butter,	1 teaspoon salt
$\frac{1}{4}$ cup boiling water,	Pepper,
3 pints sliced, cold, boiled sweet potatoes.	

Sprinkle the potatoes with salt, and a little pepper. Butter a large, shallow dish, and spread the potatoes in it, making a layer not over an inch thick. Melt the butter in the water, and after sprinkling one-fourth of this liquid over the potatoes, put them into a hot oven. In 10 minutes sprinkle another quarter of the liquid over them; repeat twice more at intervals of 10 minutes. After the final sprinkling let the dish bake 10 minutes longer (40 minutes in all,) setting it on the top grate of the oven that it may brown.

BOILED RICE.

Wash rice carefully and sprinkle it into a large saucepan of boiling salted water. Boil rapidly so that the grains may be thrown about in its motion. In 20 or 25 minutes, if tender, skim into a colander over the hot water. Let it steam a little and serve. Rice should not be covered while cooking or when served.

SOUTHERN RICE.

After thoroughly washing and rubbing the rice, put it, with salted water enough to cover it twice over, in a double-boiler; cover the whole closely and cook 15 or 20 minutes, until the grains of rice are full and plump, but not mushy; drain off all the water possible, and replace the rice in the kettle, allowing it to steam 15 minutes longer on the back of the stove. The grains should be full and soft, and each one retain its form perfectly. It should be occasionally stirred lightly with a fork. Serve hot.

SALSIFY OR VEGETABLE OYSTERS.

Scrape thoroughly, and lay them in cold water to prevent discoloration. Use a porcelain, or granite-lined saucepan, and cook the salsify in boiling water until tender. It may be cut in small, even pieces and heated in a cream sauce, previously prepared. A little chopped parsley sprinkled on the top improves it. Or, spread it on slices of buttered toast, and serve. Or, make a fritter batter, see page 72, and fry in boiling lard.

FRIED SALSIFY.

Boil the salsify until tender, let it become cool, grate it and add salt, pepper, and beaten eggs. Form it into cakes the size of an oyster, and fry them in hot lard.

SCALLOPED SALSIFY.

Peel, and cut boiled salsify into slices. Take an equal quantity of bread crumbs, and put a layer of salsify in a baking dish; sprinkle with salt and pepper, cover with the crumbs and dot with butter. Fill the dish nearly full, alternating with salsify and crumbs. Pour cream over this and bake until a nice brown.

SAUER KRÄUT.

Gather the cabbages and take off the outside leaves. Wash and quarter them, take out the core, and put in a clean barrel until there are enough to cut well. Then, with a clean, sharp spade, cut them fine and sprinkle with a little salt. One quart of salt is enough for forty gallons of kraut. If too much is put in, it will not sour. Pound until water rises; add more cabbage and proceed as before, then take large cabbage leaves, wash, cover the kraut with them, and put on a board, with a stone for a weight. Wash the board and stone once a week until the kraut has ceased fermenting. Be sure to keep enough water on it to cover it, or the kraut will spoil. If made in cool weather, keep it in a warm place until sour enough to suit the taste.

SUMMER SQUASH.

Peel, take out the seeds, and cut across in thick slices; boil in as little water as possible one-half or three-quarters of an hour, drain well, mash through a colander and set on the back part of the stove to dry, stirring occasionally. Season with butter, pepper and salt. It is nice cut up and fried like egg plant.

WINTER SQUASH.

The Hubbard squash is thought to be best when baked, but all winter squash is nice steamed. Cut Hubbard squash in pieces 3 or 4 inches square with an axe, as their shell is so hard a knife makes no impression. Take out the seeds and seed growth and steam until done. It requires a full hour to bake and nearly as long to steam; peel off the rind, mash and season with salt, butter and

cream. If some is left over it is good for a pie. Some squashes may have the pieces pared before cooking. If stewed, not steamed, use no more water than necessary to prevent burning.

SUCCOTASH.

1 quart cut corn,	1 cup hot milk,
1 pint shelled beans,	Salt and pepper,
3 tablespoons butter.	

Use lima or butter beans and make in the given proportions. Do not cut the corn too close to the cob. Use boiling water. Cook the beans and cobs together half an hour and take out the cobs. In half an hour more drain off the water and add the corn, with the other ingredients. Watch carefully as it burns easily. If too dry add cream before serving. Or, leave sufficient water on the beans to cook the corn, and add a little cream, butter and salt before serving.

WINTER SUCCOTASH.

1½ pints dried corn,	1 tablespoon flour,
1 pint dried lima beans,	1 cup cream,
Salt and pepper.	

Wash the beans, they should be dried when green, and the corn. Put the beans in a kettle and cover with cold water; cover the corn with cold water and set on the top of the kettle of beans so that while the latter slowly boils the corn may heat and swell. Cook the beans 20 minutes, drain off, cover with boiling water, and when tender add the corn and cook 15 minutes or till done; add the cream thickened with the flour, or butter rubbed smooth with the flour, salt, and pepper. Serve.

BAKED TOMATOES.

Cut a thin slice from the blossom end of 12 solid, smooth, ripe tomatoes; with a teaspoon remove the pulp without breaking the skin. Chop 1 onion fine, mix with powdered bread crumbs and the tomato pulp; season with pepper, salt, and sugar, and add 1 cup good sweet cream. Fill the tomatoes, put each slice back in its place, lay them the stem end down in a buttered baking-dish with a little water and a small lump of butter on each. Bake half an hour, or until thoroughly done; place a bit of butter on each and serve in the same dish.

FRIED TOMATOES.

Peel under-ripe tomatoes and cut crosswise in thick slices; sprinkle with salt and pepper; dip each slice into flour and beaten egg, or bread crumbs, and fry at once; serve hot. A cup of milk may be thickened with flour and butter, boiled and poured over them. Or, the slices may be dipped in batter and fried slowly, till brown.

FRIED GREEN TOMATOES.

They should be of good size, full grown, but not beginning to turn red. Peel and cut them in half-inch slices, dip in flour and lay carefully in a hot spider in which is a plentiful amount of butter. Sprinkle with salt and pepper and brown on both sides.

RAW TOMATOES.

The tomatoes should be cold; pare them, removing as little tomato with the skin as possible. Cut in slices a fourth of an inch thick and let stand 15 minutes in the ice box before serving. Serve with salad dressing, or salt, pepper, and sugar, with vinegar, or sugar and cream.

TOMATO AND RICE.

Prepare as for stewed tomatoes, and when boiling add raw rice in the proportion of 2 tablespoons rice to 1 cup tomato. Cook slowly 30 minutes; add salt, pepper, sugar, a large piece of butter, stir well together and serve. Or, the tomato may be cooked sufficiently to sift before adding the rice. It must be carefully watched to prevent burning, for tomato pulp and rice are easily scorched.

SCALLOPED TOMATOES.

Put in a buttered baking-dish a layer of bread or cracker-crumbs seasoned with bits of butter, a layer of sliced tomatoes seasoned with pepper, salt, and sugar, then a layer of crumbs, and fill the dish with alternate layers, finishing with crumbs. Bake from three-quarters of an hour to an hour. Onions, soaked over night in hot water, dried well, cut in half-inch slices, and browned in butter, may be added, a layer on each layer of tomatoes. Or, line a basin with bits of toasted bread, which are much better than crackers; pour in a can of tomatoes which have been heated and seasoned with butter, pepper, salt, and sugar. Break an egg into a bowl; beat it well, add a pinch of salt and a cup of sweet milk, then stir

in toasted bread that has been rolled to a powder. It should be thick enough to be easily spread over the tomatoes. Dot with bits of butter, and bake the tomatoes half an hour. The bread should be toasted until it is dry all through and of a golden brown color, and the crumbs for the top crust should be mixed with half a teaspoon of baking powder.

TOMATO SOUFFLÉ.

2 cups tomato pulp,	Salt and pepper,
6 eggs.	

Stew tomatoes well, drain off the juice and rub the pulp through a sieve. Beat the whites and yolks of eggs separately. Mix the yolks with the pulp, season with salt and pepper, and beat in the whites. Put into a buttered baking-dish, and bake 10 or 15 minutes in a hot oven. Serve immediately.

STEWED TOMATOES.

Scald, pare and slice them into a porcelain or granite-lined saucepan. Stew them 20 minutes over a brisk fire, and season with salt, pepper, a large lump of butter, and sugar. They may be thickened with bread, or cracker crumbs, a little cornstarch, or flour, though fresh and not over-ripe tomatoes lose their fine flavor if it is done. A chopped onion may be added when the tomato begins to cook, for those who like its flavor. Or, equal quantities of tomatoes and corn may be used together and served after seasoning.

STEWED CANNED TOMATOES.

1 can tomatoes,	1 tablespoon grated cheese,
1 cup bread crumbs,	2 eggs,
2 tablespoons butter,	Salt and pepper,
1 tablespoon flour,	$\frac{1}{2}$ cup boiling water.

Put the butter in a hot pan, and when it begins to brown, pour in the tomatoes and cook them as fast as possible without burning. When nearly done, drop in the bread crumbs and cheese; season and add the flour which first must be stirred to a smooth paste with cold water. Stir in the beaten egg the last thing before taking from the fire.

STUFFED TOMATOES.

12 firm tomatoes,	Parsley, chopped fine,
1 minced onion,	Pepper and salt,
Fine bread crumbs,	Butter,
3 tablespoons minced veal or chicken.	

Cut a slice from the stem end of each and scoop out the pulp. Fry the onion in butter, and add the tomato pulp, meat, crumbs to thicken, with parsley, salt and pepper. Fill the tomatoes, cover the opening with crumbs, add a piece of butter and bake until the top is browned.

TOMATO TOAST.

Run a quart of stewed ripe tomatoes through a colander, place in a porcelain saucepan, season with butter, pepper, salt, and sugar; cut thin slices of bread, toast brown on both sides, butter, lay on a platter and cover with the tomatoes. It is recommended to stir a cup of sweet cream into the tomatoes just before serving.

TURNIPS.

Peel, slice, and lay in cold salted water half an hour. Drain, throw into boiling salted water, and cook from 45 minutes to 1½ hours. Boil rapidly, drain well, and mash or put through a coarse sieve. Add butter, a little cream, and salt. Form in a mound and sprinkle with black pepper. Rutabagas or yellow turnips are improved by adding 2 potatoes to 6 turnips. These must be added in season to finish cooking with the turnips, and mash them together. Young turnips should be cooked whole, and will require nearly 1 hour's time. Serve with a cream sauce, or melted butter, pepper and salt.

BROWNEED TURNIPS.

Boil and drain. Melt some butter in a hot pan, and lay in slices of turnips. Sprinkle them with salt, pepper, and a little sugar. Brown on both sides and serve.

DICED TURNIPS.

Pare, slice, cut in dice half an inch square, boil till nearly done in a very little water; drain and finish cooking in salted boiling water, using as little as possible, and add 1 tablespoon of sugar to 1 quart of turnips. Drain and dry; add 3 tablespoons of cream and 1 beaten egg, or a cream sauce, and serve.

STEWED TURNIPS.

Peel the turnips and cut them in pieces about half an inch square; salt, steam until tender, put into a saucepan and cover them with sweet milk. Add butter and pepper and let them simmer.

TRUFFLES.

The truffle belongs to the mushroom family. When properly prepared to serve with fish, game, poultry, etc., they add a delicious flavor. In this country their use is largely confined to sauces.

Select some fine truffles and wash them carefully in several waters. Wrap each in buttered paper and bake 1 hour in a hot oven. When done, slip off the wrapper, wipe the truffle and serve in a hot napkin. Truffles are particularly nice with eggs. Beat the eggs thoroughly and scramble them with cream and plenty of butter. Scrape them carefully from the bottom of the dish, and stir in 2 or 3 nice chopped truffles. Take from the fire while the eggs are soft, empty into a deep round dish and pour around it a rich brown gravy, or stock boiled down to the right consistency.

CANNED VEGETABLES.

Many people prefer to buy canned goods as they are now prepared very nicely and sold at low prices. Others consider the home preparations superior, and the following recipes may assist the latter class. The long and short methods are given, but experience seems to indicate the former method as being the most reliable one.

Canned vegetables should be opened and emptied from the cans fifteen minutes before preparing for the table.

All vegetables should be canned when in their first freshness and prime. Snap the beans, cut the corn and scrape the milk from the cob, shell the peas and beans and break the asparagus in long or short lengths.

Use glass cans of uniform size, packing in the vegetables firmly. Screw on the tops lightly and set the cans on a rack or boards in the boiler. Fill with warm water till it reaches half way to the top of the cans. Cover and boil four hours. Take off the tops to let out the gas and fill with boiling water. Screw on the covers tightly and lift out the cans with a damp towel.

As until recently it has been thought essential to use tartaric acid in canning, one recipe containing the acid is given, though preference is shown to the long-cooking and tight-sealing method fully as effective in preserving the vegetables and not open to any objection.

CANNED LIMA BEANS.

Boil them 1 hour, season with salt and pepper; fill glass cans quite full, seal carefully, and put in a cool, dark place.

CANNED STRING BEANS—1.

String fresh butter-beans, break in two, and cook in slightly salted water till tender; pack boiling hot and cover well with the salted water, and seal. For use, drain, heat, and season to taste.

CANNED STRING BEANS—2.

String them, break them into inch pieces, and boil 5 minutes; drain well, and pack closely in glass jars. Add 3 tablespoons water, and seal almost air tight. Wrap each jar in a cloth, or set it on a board to keep it from the bottom of the boiler, cover it with water and let it boil 3 hours. Remove one can at a time from the boiler, and seal it immediately. The secret in keeping vegetables perfectly, lies in keeping the air from them after boiling. That is why they are sealed nearly air tight before they are boiled.

CANNED STRING BEANS—3.

String fresh beans, break in several pieces, cook in boiling water 10 minutes, and can like tomatoes.

CANNED CORN—1.

Cut the corn from the cob when fresh and sweet. Put a cupful into a jar and pound it down with a potato masher until the milk starts; add another cupful, treat it in the same way, and continue until the milk runs over. Wipe the jar clean, put on the rubber and cover, screw down tightly, and set the can into cold water. Let it boil 3 hours, tighten the cover, and set away in a dark place. When wanted for use, turn the jar upside down in hot water, to loosen the cover.

CANNED CORN—2.

Dissolve 1 ounce of tartaric acid in one half cup water; take 1 ablespoon to 2 quarts of sweet corn, and cook all together in suf-

ficient water to keep the corn from burning. Cook till the corn is tender, then seal in glass cans. When wanted for use, put in a level teaspoon of soda to each quart and heat; season for the table, using a little white sugar. Should the corn turn yellow, too much soda was used; if so, put in a drop or two of vinegar; if it tastes acid, use a little more soda.

CANNED CORN—3.

Cut the corn from the cob, and cook as if preparing for immediate use. When nearly done, add three-fourths pint salt to every 8 pints corn and boil till thoroughly cooked, put into cans, covering the corn well with the brine, and seal. To cook corn put up in this manner, drain off the brine, cover the corn deeply with water and boil 5 or 10 minutes; pour off the water and add milk, butter, pepper and a little sugar; the latter restores the sweetness lost in the brine. This method of canning has proved very satisfactory. String beans and peas may be canned in the same manner.

CORN FOR WINTER USE.

Cover the bottom of a clean keg or barrel with salt, put in a layer of corn with the husks on, cover with salt, and proceed in the same manner with alternate layers of salt and corn. When all is in, lay on a large stone, and cover with a pickle of salt and water. When used, remove the husks, soak 24 hours in cold water, and cook as new corn. If not fresh enough change the water and soak longer. Or, leave all but the outer husks on the corn and tie down tightly over the cob at the silk end; pack closely in a clean keg or barrel, lay on a weight, and cover with brine about two-thirds the strength of pickle for meat. Prepare for use as directed above.

CANNED PEAS.

Proceed in the same manner as directed for canning beans in recipe No. 2, only pack them in the jars without first cooking them.

TO DRY PEAS.

Use green peas suitable for cooking; shell and spread smoothly on plates and set in a cool oven or near the fire; let them dry slowly, stirring occasionally. When hard pack in jars, being care-

ful to cover closely, and keep in a dry place. Soak in cold water till plump before cooking.

DRIED SWEET POTATOES.

Steam them until they can be eaten ; then peel, slice, and dry them. If thoroughly dried, they will be very hard. For use, cover them with water and cook until soft ; season with butter and sugar.

CANNED TOMATOES.

Tomatoes must be fresh, and not over-ripe, to keep well. Pour boiling water on them, let stand a few moments, drain, and remove the skins. They may be canned sliced or whole. Cook a few minutes in their own juice, and skim well, stirring with a silver or wooden spoon. Use glass cans with perfectly fitting covers and rubbers ; scald and set them on a towel folded in several thicknesses and wrung from cold water. Fill quickly with the boiling tomatoes, wipe clean and dry around the top, be sure each can is perfectly full, and seal at once. Cover with caps of brown paper, which remove when examining the tomatoes, as will be necessary for a couple of weeks, to see if they are keeping well. Keep in a closed box or cupboard in a cool, dark cellar.

COOK'S TIME TABLE.

		TIME OF COOKING.	TIME OF DIGESTION.
			H. M.
Apples, sour, hard.....	Raw,		2 00.
Apples, sweet and mellow.....	Raw,		1 30.
Asparagus.....	Boiled,	15 to 20 m.	
Beans, pod.....	Boiled,	45 to 60 m.	
Beans, with green corn.....	Boiled,	45 to 60 m.	2 30.
Beef.....	*Roasted,	15 m.....	2 45.
Beefsteak.....	Broiled,	6 to 8 m.	
Beefsteak.....	Fried,		4 00.
Beef, corned.....	Boiled,	3 to 4 hrs.	2 45.
Bass, fresh.....	Broiled,	10 m. per lb	
Beets, young.....	Boiled,	30 to 45 m.	
Beets old.....	Boiled,	Forever	
Bread, corn.....	Baked,	2 hrs.	3 15.
Bread, wheat.....	Baked,	45 to 60 m.	3 30.
Butter,,.....	Melted,		
Cabbage.....	Raw,		
Cabbage and vinegar.....	Raw,		2 00.
Cabbage.....	Boiled,	45 to 60 m.	4 00.
Cake, sponge.....	Baked,	60 m.....	2 30.
Carrot, orange.....	Boiled,	30 to 45 m.	3 15.
Cauliflower.....	Boiled,	30 to 40 m.	
Cheese, old.....	Raw,		3 30.
Chicken.....	Fricasseed,	1:30 to 2 hrs.	2 45.
Codfish, dry and whole.....	Boiled,	2 hrs.....	2 00.
Custard, 1 qt.....	Baked,	30 to 40 m.	
Duck, tame.....	Roasted,	40 to 60 m.	4 00.
Duck, wild.....	Rare roasted,	30 m.	
Dumpling.....	Boiled,	60 m.....	3 00.
Eggs, hard.....	Boiled,	15 to 20 m.	3 30.
Eggs, soft.....	Boiled,	3 to 5 m.	
Eggs.....	Fried,	5 m.....	
Eggs.....	Raw,		1 00.
Fowls, domestic.....	Boiled or roasted,	2 to 3 hrs.	
Gelatine.....	Boiled,		2 30.
Goose, wild.....	Roasted,	2 hrs.	2 30.
Lamb.....	Boiled,	2 to 3 hrs.	
Meat and vegetables.....	Hashed,		
Milk.....	Raw,		
Milk.....	Boiled,		
Mutton.....	Broiled,	8 to 15 m.	
Mutton.....	*Roast,	15 m.	3 15.
Onions.....	Boiled,	30 to 45 m.	

	TIME OF COOKING.	TIME OF DIGESTION.
		H. M.
Oysters.....	Roasted, 3 to 5 m..
Oysters.....	Stewed, 3 to 5 m..	3 30.
Parsnips.....	Boiled, 30 to 45 m..	2 30.
Pig's feet.....	Boiled,	1 00.
Pork.....	*Roast, 15 m..	5 15.
Pork, ham.....	Boiled, 4 to 5 hrs..
Pork.....	Broiled,
Pork.....	Fried,
Potatoes.....	Baked, 30 to 45 m..
Potatoes.....	Boiled, 30 m..	3 30.
Potatoes.....	Roasted, 30 to 45 m..	2 33.
Rice.....	Boiled, 30 to 45 m..	1 00.
Salmon, fresh.....	*Boiled, 10 m..
Sausage.....	Fried, 15 m..
Soup, chicken.....	Boiled, 3 to 4 hrs..
Soup, oyster or mutton.....	Boiled, 3 hrs..
Soup, vegetable.....	Boiled, 3 to 4 hrs..
Spinach.....	Boiled, 20 to 30 m..
Tapioca.....	Boiled, 60 m..	2 00.
Tomatoes.....	Fresh, 20 to 30 m..
Tomatoes.....	Canned, 15 to 20 m..
Trout, salmon, fresh.....	Boiled or fried, 15 m..	1 30.
Turkey.....	Roasted, 3 hrs..	2 25.
Turnips.....	Boiled, 30 to 45 m..	3 30.
Veal.....	Broiled,	4 00.
Venison steak.....	Broiled, 8 to 10 m..	1 30.

* To the lb.

TABLE OF WEIGHTS AND MEASURES.

	lb.	oz.
1 quart sifted flour—16 ounces.....	Equals 1	
1 quart sifted Indian meal.....	“ 1	4
1 quart powdered sugar.....	“ 1	7
1 quart granulated sugar.....	“ 1	9
1 quart coffee “A” sugar.....	“ 1	8
1 quart best brown sugar.....	“ 1	10
1 pint closely packed butter.....	“ 1	
10 medium-sized eggs.....	“ 1	
4 cups sifted flour.....	“ 1	
2¼ cups powdered sugar.....	“ 1	
2 cups granulated sugar.....	“ 1	
2½ cups best brown sugar.....	“ 1	
Butter size of an egg.....	“	2
1 tablespoon of butter, heaped.....	“	2
1 pint of water or fruit juice.....	“ 1	
16 fluid ounces, or 4 gills, or 1 pint.....	“ 1	
1 cup water, or 2 gills.....	“	8
1 wineglass of rose water.....	“	2
1 tablespoon, or 4 teaspoons.....	“	½

4 gills=1 pint;
2 pints=1 quart;
4 quarts=1 gallon;

60 drops=1 teaspoon;
2 teaspoons=1 dessertspoon;
2 dessertspoons=1 tablespoon;
2 saltspoons=1 teaspoon, dry.

AVOIRDUPOIS WEIGHT.

16 drams (dr.)=1 ounce (oz.)
16 ounces=1 pound (lb.)
25 pounds=1 quarter (qr.)

4 quarters=1 hundred weight
(cwt.)
2000 pounds=1 ton (T.)

WEIGHTS OF ARTICLES.

Apples, dried, bushel, 25 pounds.	Flour, barrel, net, 196 pounds.
Beef, firkin, 100 “	Honey, gallon, 12 “
Pork, barrel, 200 “	Molasses, hhd., 130 to 150 gallons.
Beans, bushel, 60 “	Salt, barrel, 3½ bushels.
Butter, firkin, 56 “	“ bushel, 70 pounds.
“ tub, 84 “	Sugar, barrel, 200 to 250 pounds.
Peaches, dried, bushel, 33 “	Soap, barrel, 256 “
Fish, barrel, 200 “	“ box, 75 “
“ quintal, 112 “	Tea, chest, 60 to 84 “

FOODS.

EVERY one recognizes the fact that the happiness of our homes, the health of our families and the welfare of our nation is greatly influenced by the food we eat.

At this age of applied science it has become the duty of every housewife to know something of the food with which she supplies her household. Most persons have had some vague ideas of the relative values of different foods, and of the changes they undergo in cooking. These theories they have probably learned from their mothers, gleaned from their neighbors, or read in some paper. Perhaps they have accepted them as facts, but at some time or other they read or hear something that contradicts them and then they are at a loss to know what to believe or what not to believe. At some time they have been convinced that people ate too much, at another, that meat was the all-strengthenener, or they may have been afflicted with the vegetarian fad. Surely they would not have pinned their faith to one-sided diets if they had rightly comprehended the main facts of nutrition.

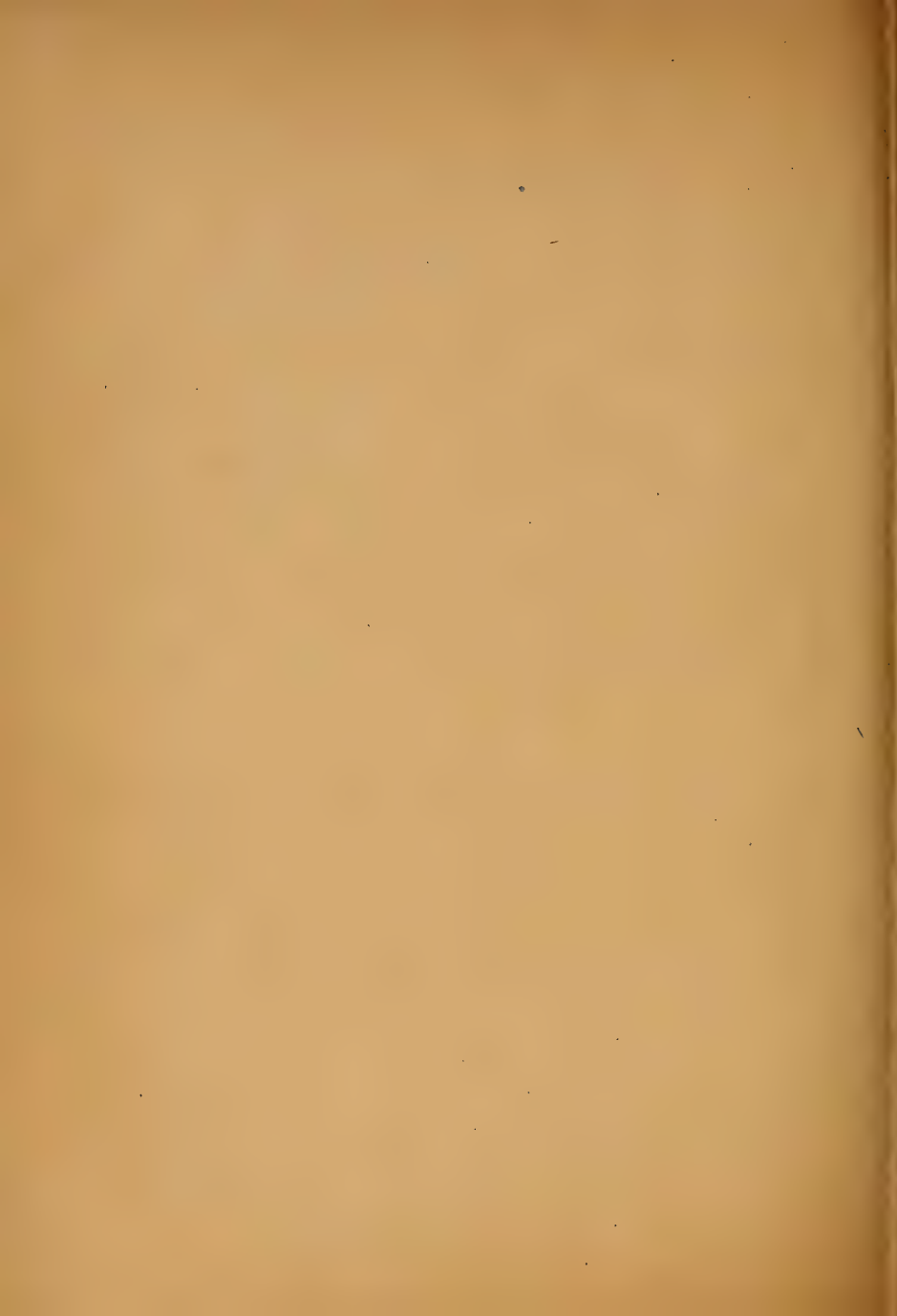
In the following pages an effort has been made to present something of the facts in regard to the composition of food, the part the different kinds of foods take in the nutrition of the body, together with something of the change that is effected by cooking and the process of digestion.

Foods are classified by all leading authorities, excluding the oxygen we breathe, into five great classes.

- | | |
|-----------------------------------|-------------------|
| 1. Water, | 2. Proteids, |
| 3. Fats, | 4. Carbohydrates, |
| 5. Salts or mineral constituents. | |

WATER.

Water, in one sense is not a food, but it fills one of the most important offices in the nutrition of the body. It constitutes about three-fourths of the weight of the body. It is found in the mus-







cles and bones, but abounds in the blood and secretions. It holds in solution the important material they contain, and by giving the necessary fluidity to the blood transports this material to the different parts of the body and conveys away that which has fulfilled its mission.

Water is also the great regulator of heat, and by its evaporation reduces any excessive temperature of the body.

Besides the water we take in the form of beverages, we obtain some in all of our solid food. The amount contained in them varies from 1 to 98 per cent. The vegetables, such as cabbages, carrots, cauliflowers, cucumbers, onions, parsnips, squash, tomatoes and turnips, and also the different fruits, are mostly water.

PROTEIDS.

The proteids are also known as albuminous foods, and nitrogenous or flesh-forming foods. The latter is the most significant and is so-called because this class of foods contains a large proportion of the element nitrogen.

We find nitrogen in our muscles and muscular tissues. We also find it the product of their decomposition. Hence, if the wear of these tissues causes the liberation of nitrogenous compounds, this loss must be replaced by some food that contains nitrogen. The fats and carbohydrates do not. Besides this function, the proteids are considered as the stimulating foods, or those that impart a speed and energy to the organs above that necessary to perfect nutrition.

The nitrogenous foods are derived from both the animal and vegetable kingdoms and are found in eggs, lean meat, fish, milk, cheese, leguminous plants and the cereals. The different proteid principle of each is known as albumen, fibrine, casein and gluten.

The digestion of this class of foods is not well known. In the mouth they should be finely comminuted, as the chemical action is rapid in proportion to the fineness of division. The first chemical change takes place in the stomach, and the agents are pepsin and the acid of the gastric juice. The two together render the nitrogenous substance soluble and capable of passing through a membrane.

EGGS.

The proteid of the egg is known as albumen, from albus, meaning white. Eggs contain 73.67 per cent water, 12.55 per cent albumen and 12.11 per cent fat. They are considered by some physiologists to be the most easily digested of this class of foods. Physicians say that they are as digestible raw as cooked.

The raw white of an egg is a colorless, semi-liquid and viscous substance, soluble in cold water. If we place some in a glass tube with a thermometer and heat it, we will observe the following changes. When the temperature of 134° is reached white fibers appear; at 160° the whole mass becomes white and quite opaque. It is now coagulated, and in this condition is a tender, delicate and jelly-like substance, and is easily digestible. Heated to 212° it shrinks and becomes hard. If it be subjected to a higher temperature it becomes a horny and tough substance quite indigestible.

This experiment teaches a great deal that is little understood. It shows that the cooking temperature of albumen is not 212° , the boiling point of water, but 160° , and accounts for the indigestibility of fried and hard-boiled eggs.

MEAT.

Under this head is included the flesh of all animals used for food: beef, veal, mutton, pork, poultry and game.

In the eating of animal flesh, man takes advantage of the work done by the animal in the preparation of vegetable food. If we examine a piece of lean meat we find that the red part is made up, first, of very tiny, sausage-like bags, or muscle fibers, as they are called, and in these are contained the precious proteid flavors, salts, and water, all mixed together; second, the muscle fibers are bound together by a connective tissue; third, floating in the juices between the fibers and tissues is more proteid.

By analysis of beef that is medium fat, we find it is 72.25 per cent water, 21.93 per cent proteid, and 5.19 per cent fat. The lean of well-fatted animals contains as much as 20 per cent less water. One fact worthy of mention is that while the price of the tender parts of the animal is high, they contain no more nutri-

ment than the cheaper cuts. Indeed, the price seems to be in exact inverse ratio to the amount of nutriment contained.

In cooking meat the connective tissue should be softened and loosened so that the little bundles of fiber, which contain the nutriment, may fall apart easily when brought in contact with the fork or teeth; the albumen and fibrine should be coagulated, not hornified. By cooking a more agreeable flavor is developed.

The albumen of the meat is identical with that of the egg. If lean meat is chopped fine and allowed to stand in cold water an hour, we will find that the water has become red. The water has dissolved the albumen, coloring matter, and flavors. If this liquid be heated, the albumen will coagulate and at a temperature below the boiling point.

It should be recognized in the different methods of cooking meat that there are just three different results to be obtained: first, to retain all the nutriment in meat, as in broiling, roasting, frying, and boiling; second, to extract it into the water, as in soups and meat teas; third, to have it partly in the meat and partly in the water, as in stews.

BROILING.

True broiling is cooking directly over red-hot, glowing coals. The meat is cooked by radiant heat, and it is the hottest form of cooking. The object to be obtained is to keep the juices within the meat. How is it to be accomplished? We have seen that heat coagulates albumen. Have the meat cut in a slice, from an inch to an inch and a half in thickness, and placed in a broiler. Put it directly over the coals and very near to them. The albumen on the outside is instantly seared, and thus hardened presents a barrier through which the juices cannot escape. Before they have an opportunity of rising and passing out from the other side, we turn the meat and the second side is treated to the same process.

Now, by allowing the meat to remain a few minutes over the coals the water inside is heated to 180°. The heat of the water coagulates the albumen, and the combined presence of liquid and heat softens the connective tissues. Some of the water is changed to steam and this gives the meat a puffed appearance. When these

three things are accomplished, the meat is cooked, and when eaten it is found to be juicy, tender, and well-flavored. One other thing has been done, namely, the browning of the surface. This is due, probably, to the caramelizing of the albumen, and it is found to possess an entirely different flavor, but one that is very agreeable.

Had the cooking of the steak been prolonged, the result would have been an ill-cooked specimen, tough, desiccated, shriveled and tasteless, due to the evaporation of the juices, the loss of the volatile flavors, and the consequent hardening of the albumen and tissue.

As broiling is a very quick method of cooking, only meat of very tender fiber is suitable, as there is neither time nor moisture to soften that which is tough.

Are not these facts forcible enough to settle the question as to whether meat is more digestible rare than well done? The prejudice against rare-done meat is largely due to an erroneous idea of what is meant by that expression. Order a rare-cooked steak at any restaurant or hotel, and the waiter will set before you one that is raw in the inside. This is a raw steak and not a rare one. A rare steak is pink throughout, and not purple anywhere.

ROASTING.

Roasting is identical with broiling, except that we have the meat in a cubical form, and a smaller surface in proportion to the weight. The surface may be seared by a hot oven, in a frying pan, or by a bath in hot fat.

BOILING.

As in boiling we have additional moisture, and a longer time may be used in the cooking, meat of a tougher fiber may be appropriately cooked by this method. The imprisonment of the juices is accomplished by immersing the meat in the boiling water, which coagulates on the outside. After boiling for 10 minutes, the temperature should be lowered to 180° as we do not wish the inside temperature to be higher than that. More or less of the nutriment finds its way into the water, consequently this liquid should be utilized.

While on the subject of boiling, it will not be out of place to

say something in regard to a fact which is not practically understood by cooks. We have learned by the preceding experiment that the cooking point of meat is not the boiling point of water. But many foods, especially vegetables, are best cooked at the boiling temperature. If a thermometer be placed in water while being heated, the mercury will steadily rise until the water is boiling, or 212° is reached, when it will become stationary and remain so although much additional heat be applied, and the water be made to boil violently. If this fact were understood and observed, much precious fuel might be saved. When the boiling point is once reached, very little heat is needed to keep it at this point. All the surplus heat is spent in changing the water to steam. For all ordinary cooking, gently boiling water is as effective as if it boils rapidly.

FRYING.

In frying, which is properly cooking by immersion in hot fat, the cooking medium is fat, instead of water as in boiling. The temperature of the fat should be about 385° . As any escape of water into the hot fat causes great commotion, an additional precaution is taken by enveloping the meat or food to be fried, in a coating of crumbs, and eggs, or in the case of mixtures, as doughnuts, the egg is added to the mixture itself. This also prevents the food from absorbing fat. The reason of this is obvious.

SOUP-MAKING.

In soup-making, a contrary result is to be obtained from that of boiling and roasting. The juices are to be transferred to the water. Meat that is so tough and coarse as to be undesirable for cooking by any other method, may be utilized by this one. We have seen that the juices and albumen of meat are readily soluble in cold water, and this principle should be applied by allowing the meat to stand in cold water for at least an hour, and in order that more surface be exposed to its action the meat should be cut into small pieces. It may then be heated to a temperature of 200° , that degree being necessary to dissolve the gelatine of the bones. The skimming and clearing of soups should be avoided if a nutri-

tious soup is desired, for by so doing we remove the coagulated albumen.

STEWING.

In stewing we eat both the meat and broth. It is a desirable method for cooking the tougher and cheaper parts of meat. Braising and pot-roasting are forms of stewing, and are methods with which every housekeeper should be familiar if economy is an item of consideration.

FISH.

Fish, because of its abundance, cheapness, and wholesomeness, is an invaluable article of food. It contains more water and less solid material than meat, is rich in nitrogen, and has an alkaline taste.

Red-blooded fish, as salmon, mackerel, and blue fish, have the oil distributed through the body, while the white fish, as cod, haddock, halibut and flounder, have it in the liver. The latter fish is very digestible when perfectly fresh. Fresh fish may be told by the fullness of the eye and the firmness of the flesh.

CHEESE.

Cheese is the coagulated casein of milk, together with some fat and sugar. The casein, the albumen of milk, is coagulated by an acid obtained from rennet. By allowing the cheese to ripen, a ferment is developed. The presence of this ferment is the reason that a small quantity taken with food aids in digestion.

Milk cheese contains 48.02 per cent. water, 32.65 per cent. proteid, 8.41 per cent. fat, and 6.80 per cent. sugar. Comparing this analysis with that of meat, we find it to be much richer in proteids. This, together with its low price, makes it a valuable substitute for the more expensive meat. It is much used as such in many countries of Europe. It is not considered easy of digestion.

GELATINE.

Gelatine is a substance obtained from the bones, the gelatinous tissues of animal flesh, and from certain parts of fishes.

If its nutritive value could be estimated by the nitrogen it contains, it would, indeed, rank high. Its value as a food, and the part it performs in nutrition, is not fully understood. Exagger-

ated ideas of its value have been entertained. Our grandmothers believed it to be highly nutritious, prepared it in the form of jellies for invalids, and estimated the value of their soups by the consistency of the jelly they formed on cooling, which thickness is due to the gelatine they contain. No doubt many a victim has died of starvation by the reliance of nurses upon this theory.

It has been demonstrated that gelatine alone cannot sustain life, but it is now believed that if taken in conjunction with other food it is of some worth. Its inability to sustain life may be accounted for by the fact that it is not changed in digestion, so that it will pass through a membrane readily, and therefore only a small portion can pass into the circulation. Nevertheless it is not unwholesome, and is a convenient vehicle for conveying food, particularly to invalids.

LEGUMINOUS FOODS.

Under this head are peas, beans, and lentils. Beans contain 14.84 per cent. water, 23.66 per cent. proteids, 1.63 per cent. fat, 49.25 per cent. starch, and 7.47 per cent. woody fiber. Peas contain 14.31 per cent. water, 22.63 per cent. proteids, 1.72 per cent. fat, 53.24 per cent. starch, and 5.45 per cent. of woody fiber.

Observe the remarkable percentage of proteids they contain. The legumes are less stimulating and palatable than meat, but the proteid needs of the body can be supplied by them. One of the best ways of serving them is in the form of a soup, as then the hull is entirely removed.

CEREALS.

Under this head are included corn, wheat, oats, barley, buckwheat, and rice. The following is the analysis:

	WATER, per ct.	PROTEID, per ct.	FAT, per ct.	SUGAR, per ct.	STARCH, per ct.	WOODY FIBER, per ct.
Wheat,	13.56	12.42	1.70	1.44	66.45	2.66
Rye,	15.26	11.43	1.71	.96	66.86	2.01
Barley,	13.78	11.16	2.12	...	65.51	4.80
Oats,	12.92	11.73	6.04	2.22	53.21	10.83
Maize,	13.88	10.05	4.76	4.59	62.19	2.84
Rice,	14.41	6.94	.51	...	77.61	.08

Too much cannot be said in favor of these grains, particularly of

corn, wheat, and oats. They contain all the elements necessary for the complete nutrition of the body, and in wheat they are in the correct proportions. Corn and oats contain an excess of fat. The proteids of these grains are known as gluten. Their low price places them within the reach of all. They are prepared as a breakfast food and are ground as meal and flour.

CARBOHYDRATES.

This third great division of foods includes the starches and sugars. They, together with the fats, are classed as the carbonaceous foods, because they contain a large proportion of the element carbon. The carbohydrates contain carbon, and the elements of water, hydrogen and oxygen, not as water, but in the same proportion as water, namely, two parts of hydrogen to one of oxygen. The carbonaceous foods are the great heat-producing foods, and just as the carbon and hydrogen of fuel unite with the oxygen of the air and produce heat, so the carbon and hydrogen of our food unite with the oxygen of the air we breathe and produce the heat of our bodies. Besides this office the carbohydrates are probably the great source of energy, and a portion of them may be deposited in the body as fat. They are of vegetable origin.

STARCHES.

Starch is a white, glistening powder, insoluble in cold water, and when heated with water, swells, and the starch grains burst, forming a thick gummy solution. When cool it stiffens into a pasty mass. Starch is eaten chiefly in the form of arrowroot, tapioca, sago, rice, potatoes, cereals, and the legumes. But from whatever source derived, the chemical composition is the same. $C_6 H_{10} O_5$. The starches are the cheapest of the food constituents, and are therefore apt to be in excess. They give the necessary bulk to our food.

Starch, when heated to a high temperature, is changed to dextrine, which does not differ from starch in chemical composition. Dextrine is a brittle solid and soluble in cold water. It has an agreeable, sweet flavor. It is produced in small quantities in the crust in the baking of bread and in the making of toast. In digestion the starch is changed to glucose. This is accomplished by

the heat of the body and the action of the saliva of the mouth and the pancreatic juice in the intestines.

SUGARS.

The sugars are a more expensive form of heat-producers, and are used chiefly for their flavoring qualities. They are closely related to the starches and nearly resemble them in chemical composition. They are known by their sweet taste and are soluble in cold water and are capable of breaking up into alcohol and carbon dioxide. They are valuable for their preserving qualities.

There are different varieties of sugar, but the most important to us are cane sugar or sucrose, and grape sugar or glucose. Sucrose, $C_{12}H_{22}O_{11}$, is common sugar and is obtained from the sugar cane, sugar beet, and rock maple. It is the sweetest of all the sugars, and is soluble in one-third of its weight of water. Sucrose, when boiled in contact with air, and especially if an acid be present, becomes changed into two kinds of sugar; dextrose $C_6H_{12}O_6$, identical with glucose and levulose, $C_6H_{12}O_6$. Thus their chemical composition is identical. Both kinds are often called glucose.

Glucose is found in grapes and is present in the sacs of flowers; it is the source of honey. Glucose can be manufactured from all kinds of starch and from cellulose, by the action of acids. It is quite an easy matter to change a cotton handkerchief into more than its own weight of sugar. Glucose has one-third less sweetening power than sucrose, and this is the reason that when sugar is boiled with acid fruits it becomes less sweet.

The changes that sugar undergoes in digestion are not fully understood, yet it is certain that sucrose is not absorbed, as such, but is converted into glucose before it is assimilated. This change is probably effected by the acid of the gastric juice.

FATS.

This class of food is known to the housewife as butter, cream, salad oil, suet and lard. It is taken in the fat of meat, the oil of fish, in eggs, in the cereals and legumes. Fats are lighter than water and insoluble in it, but soluble in ether. They are of animal and vegetable origin. In whatever form they are known they are

composed of but three different fats, olein, stearin, and palmatin or margarin.

Olein is colorless and liquid above the freezing point. It is the principal fat of olive oil, but is found in the more solid fats to a greater or less degree. The solidity and liquidity of the different fats depend upon the proportion of olein they contain.

Stearin is a solid fat and remains so at quite a high temperature. Stearin is the chief fat of mutton, and it is this peculiarity of stearin that causes the mouth to become coated with fat when eating a mutton chop. It is also a constituent of suet. Palmatin resembles stearin, but is liquid at a lower temperature. It is found in butter.

These fats are compounds of the fatty acids, olein, stearin, and palmatin, with glycerine. They are called acids, not because they have a sour taste, but because they unite with a base as acids do. Glycerine, the base, is the sweet principle of oil. By further analysis we find that the fats are compounds of carbon, hydrogen and oxygen. They contain a larger proportion of carbon and oxygen to hydrogen than the hydro-carbons do. The difference in the taste of the different fats is due principally to the flavoring they contain. This, almost alone, makes the difference in their prices.

The digestibility of the different fats depends mainly upon the readiness with which they liquify. We might be able to digest beeswax if it would become liquid at the temperature of our bodies. Cream is the most easily digested and butter follows next. The fats are unaffected by the juices of the mouth and stomach. In the intestines they are emulsified by the admixture of the bile, and can then pass through a membrane into the circulation.

Besides the value of fats as heat-producers, for which purpose they excel the starches and sugars, they are deposited as adipose tissue, aid in the lubrication of the muscles, and, without doubt, are a source of energy.

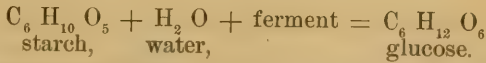
YEAST.

Yeast is a plant of the fungus growth. It is found to consist of numberless minute rounded cells. Each little cell consists of an enveloping membrane containing a liquid. They grow by bud-

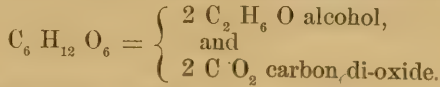
ding and division. When they are provided with suitable food, moisture and warmth they grow very rapidly. Rye and grapes are congenial foods, and also sugar or something that can be changed into sugar. It is supposed that these yeast germs are present in the air. They are killed by the boiling and freezing temperatures.

BREAD.

The process by which the present bread is made light and porous is known as the alcoholic fermentation. Yeast is the agent used to accomplish this. In the mixing of the dough each little grain of flour is surrounded by a film of water and the yeast plants are scattered throughout the mass. Now, the yeast plants have food in the starch and the sugar; moisture, in the water or milk, and warmth, as the dough should have a temperature of about 75°. They soon begin to grow. The starch of the flour is changed to glucose.



This glucose is quickly changed into alcohol and carbon di-oxide.



Carbon di-oxide is a gas and is commonly known as carbonic acid gas. It is the evolution of this gas that is set free from all parts of the dough which causes it to rise and increase in bulk. In the baking of a loaf of bread this gas is expanded and partially driven out by the heat. The starch cells are ruptured; the cells which contain the gas are hardened; the yeast plant is killed; the alcohol is evaporated, and some of the starch of the crust, being heated to a higher temperature, is changed to dextrine. The temperature of the inside of the loaf does not exceed 212°.

A YEAR'S MENU.

Since it is necessary that we eat, that which we eat should first be prepared, and before it can be prepared must be thought of; we should use wisdom and forethought, and make the matter as simple, healthful, and pleasant as possible.

If the work for the day is well planned, there need be no care for the next morning. Mush from the cracked and rolled cereals, with cream, is always healthful and agreeable, and if a roast, joint, fish, or meat pie was served for dinner the day before, there is always cold meat or fish for toasting or smothering in cream, and vegetables that may be heated in various delicate ways. If one has an iron gem pan and puts it on to heat as soon as in the kitchen, it takes but a moment to stir up a few gems of different kinds, or if in great haste, to toast bread, made ready the night before, or fry it in butter. Pickles in some form should be served with meat or fish, and may be easily kept on hand, if one is particular to pickle what is convenient in the fall and to cut the cauliflower, boiled beets, carrots, etc., into vinegar as soon as dinner is over.

Usually it is best to have a supply of hard gingerbread, ginger snaps, cookies, doughnuts, and fruit on hand, for a variety. Fruit should be used freely all the year round, and it is particularly desirable as a first course for breakfast. Always serve coffee, tea, cereal drinks, chocolate, cocoa, milk, lemonade, or cold water, as best meets the family needs; especially should milk and cream be abundant if they can be procured in a pure state. In economising, never shorten the supply of milk, as nothing is so healthful or so cheap. Eggs in various forms, are always suitable for breakfast, as are pancakes and fritters. Salads ought to be eaten at least three times a week.

The suppers given here may be served as lunches if it is convenient to have a late dinner. The dinner may be made more elaborate by adding fancy dishes and confections, or plainer, by

using fewer vegetables, and fruit as a dessert. The suppers all may have additions of fruit, cake, creams, and ices.

Relishes, of various kinds, should be found on the sideboard with the cold water, and if fish is to be served, in any form, lemon ought to be at hand.

The accompanying bill of fare may be served in courses which if one has help, is the better way. Set the vegetables in covered dishes on the table, serve the soup in plates, removing them when all are ready to have the fish or meat served. The dessert should be brought on after the table is cleared, and crumbs brushed off, but if mistress and maid are combined in one woman, it may stand on the sideboard during the first part of the dinner.

Soups followed by heavy meats and rich fish should be simple and clear, not more than half a pint to the plate, and should not be offered a second time. Soup made once a week, and canned in self-sealing cans, while hot, may be used, a can at a time, with vermicelli, tomatoes, vegetables, macaroni, or other articles, and is easily and quickly made. A little clear soup, the first thing, warms the stomach and prepares it to receive more substantial food. Good butter and bread should be ready for every meal, and cheese may be served at dessert with apple or mince pie, bread and butter, or for supper. It gives a relish to doughnuts, gingerbread, and fresh cookies. For the sake of brevity, all beverages, bread and butter, and relishes of various kinds are omitted.

The following menu is for a year, beginning with Thursday. This can be made to suit the year, and "May good digestion wait on appetite, and health on both."

JANUARY.

New Year's Day. BREAKFAST.—Rolled rye, cream, broiled steak, potato cakes, corn-meal gems, baked sweet apples. DINNER.—Tomato soup, roast turkey, mashed potatoes, mashed turnips, onions, celery, cranberry sauce; plum pudding, hard sauce, mixed fruits, raisins, confectionery. SUPPER.—Bread, brown and white, cold meat, sponge cake, honey.

2. BREAKFAST.—Oatmeal, cream, cold sliced turkey, toasted bread, celery, fruit. DINNER.—Pot au feu, boiled mackerel, steamed potatoes, currant jelly, mashed turnips; mince pie, cheese, nuts. SUPPER.—Hot biscuits, sardines, fig-cake, cookies, canned peaches, cream.

3. BREAKFAST.—California breakfast food, cream, wheat gems, fried potatoes, shredded fish in cream. DINNER.—Oyster soup, cold turkey, broiled beefsteak, baked potatoes, mashed squash, cranberry sauce.

brown bread; apple pie, cheese. SUPPER.—Hot biscuit, head-cheese, canned peaches, cream, blancmange, cake.

4. *Sunday*. BREAKFAST.—Cerealine flakes, cream, Boston baked beans, corn-meal gems, apples, jelly. DINNER.—Turkey soup, roast beef, mashed potatoes, onions, celery, cranberry sauce; pumpkin pie, confectionery. SUPPER.—Rolls, gingerbread, sliced beef, canned raspberries, layer cake.

5. BREAKFAST.—Oatmeal, cream, potato cakes, ham and eggs, toasted rusks, fruit. DINNER.—Roast beef in brown gravy, tomato sauce, baked sweet potatoes, corn, brown bread; mince pie. SUPPER.—Cream toast, hot biscuit, apple sauce, cake, cookies.

6. BREAKFAST.—California breakfast food, cream, brown buttered toast, potato cakes, doughnuts, grape jelly. DINNER.—Celery soup, fricasseed chicken on brown toast, mashed potatoes, squash, onions, celery, hot biscuit, currant jelly; boiled custard, grapes. SUPPER.—Biscuit, sliced ham, canned strawberries, cake.

7. BREAKFAST.—Creamed potatoes, graham crackers, buckwheat cakes, maple syrup, toasted chicken, plum jelly. DINNER.—Julienne soup, baked sparerib, steamed potatoes, onions, cabbage salad, Brown Betty; oranges. SUPPER.—Brown toast, potato balls, head-cheese, blanc mange, whipped cream.

8. BREAKFAST.—Rolled wheat, cream, corn-meal gems, fried potatoes, broiled steak. DINNER.—Vermicelli soup, veal pie, mashed turnips, salsify, celery, currant jelly; pumpkin pie. SUPPER.—Cold tongue, hot biscuit, cheese, cake, preserved raspberries.

9. BREAKFAST.—Omelet, fruit, pancakes, whipped cream, doughnuts, cheese. DINNER.—Soup, baked salmon, creamed potatoes, spiced currants, celery, stewed tomatoes; apple pie, nuts. SUPPER.—Brown toast, stuffed eggs, blueberry cake, cookies.

10. BREAKFAST.—Rolled wheat, cream gems, broiled steak, potato cakes, grape jelly. DINNER.—Pea soup, roast venison, mashed potatoes, squash, corn, cranberry sauce, hot biscuit; lemon pie, bananas, oranges. SUPPER.—Canned-raspberry shortcake, cold tongue, celery, angel cake.

11. *Sunday*. BREAKFAST.—Fried sausage, sweet potato cakes, corn cakes, apple sauce. DINNER.—Cold baked sparerib, can-dried sweet potatoes, cold slaw; mince pie, citron custards, oranges, cocoanut layer cake. SUPPER.—Cold biscuits, cold meat, cocoanut layer cake, whipped cream.

12. BREAKFAST.—Pancakes, maple syrup, fried potatoes, venison steak, celery. DINNER.—White soup, baked trout, baked potatoes, stewed tomatoes, corn; blueberry pie, apples. SUPPER.—Butter toast, dried beef, hot biscuit, honey.

13. BREAKFAST.—Oatmeal, cream, graham gems, creamed potatoes, fish in brown gravy, olives. DINNER.—Macaroni soup, game pie, baked potatoes, stewed onions, celery, currant jelly; baked Indian pudding, whipped cream, oranges. SUPPER.—Hot biscuit, preserved strawberries, cold game pie, cheese, sponge cake.

14. BREAKFAST.—Rolled wheat, cream, head-cheese, fried potatoes, corn-meal gems, bananas. DINNER.—Oyster soup, old-fashioned boiled dinner; pumpkin pie, apples. SUPPER.—Brown bread, honey, cheese, ginger snaps.

15. BREAKFAST.—California breakfast food, cream, vegetable hash, cold corned beef, jelly. DINNER.—Tomato soup, roast duck, browned potatoes, stewed onions, turnips, currant jelly; mince pie, apples. SUP-

PER.—Cold duck, spiced currants, Lyonnaise potatoes, pop-overs, damsons, nut cake.

16. BREAKFAST.—Cerealine flakes, cream, corn-meal gems, head-cheese, doughnuts. DINNER.—Soup, codfish, boiled potatoes, mashed turnips, stewed tomatoes, cranberry sauce; boiled rice, fruit. SUPPER.—Cream toast, baked apples, layer cake, cookies.

17. BREAKFAST.—Oatmeal, cream, fish hash, olives, boiled eggs. DINNER.—Soup, broiled beefsteak, scalloped oysters, baked potatoes, spiced peaches; custard pie. SUPPER.—Brown and white bread, hard gingerbread, apple sauce, celery.

18. *Sunday*. BREAKFAST.—Brown bread, baked beans, baked apples, ginger snaps. DINNER.—Soup, salmon salad, baked potatoes, grape jelly, brown bread; cocoanut pie, mixed fruits. SUPPER.—Brown bread, cold meat, raspberry jam, cake.

19. BREAKFAST.—Rolled rye, cream, corn dodgers, head-cheese, doughnuts. DINNER.—Bean soup, beef stew with dumplings, brown bread, canned currants; pumpkin pie, fruit. SUPPER.—Canned-strawberry shortcake, cheese, brown toast, cookies.

20. BREAKFAST.—Head-cheese, wheat gems, gingerbread, canned currants. DINNER.—Roast pork, baked potatoes, squash, salsify, apple sauce; Brown Betty, oranges. SUPPER.—Cold meat, Saratoga chips, hot biscuit, honey, plain cake.

21. BREAKFAST.—Oatmeal, cream, raw oysters, fried potatoes, ginger-snaps. DINNER.—Oyster soup, roast pork in brown gravy, chopped cabbage cooked in milk, onions, spiced currants; apple pie. SUPPER.—Butter toast, baked apples, bread, sponge cake.

22. BREAKFAST.—Oatmeal, cream, omelet, corn-meal gems, doughnuts. DINNER.—Tomato soup, chicken pie, cabbage, squash, cranberry sauce; Troy pudding, fruit. SUPPER.—Sliced ham, hot biscuit, canned peaches, cream, layer cake.

23. BREAKFAST.—Potato cakes, boiled mackerel, graham gems, plum jelly. DINNER.—Vegetable soup, boiled fresh cod, boiled beets, cabbage, celery, boiled potatoes, currant jelly; lemon pie, oranges. SUPPER.—Cream toast, raw oysters, cheese, sliced bananas, cream, cake.

24. BREAKFAST.—Cracked wheat, cream, toasted cod, creamed potatoes, corn-meal gems, snaps. DINNER.—Soup, corned beef, vegetables, lettuce salad, fresh doughnuts; mince turnovers, fruit. SUPPER.—Cold meat, Saratoga chips, hot brown bread, honey, cheese.

25. *Sunday*. BREAKFAST.—Rolled wheat, baked sweet apples, cream, toasted brown bread, head-cheese. DINNER.—Macaroni soup, cold corned beef, hot vegetables in cream and butter, fried parsnips; mince pie, confections. SUPPER.—Cold meat, Saratoga chips, toast, canned strawberries, angel cake.

26. BREAKFAST.—Oatmeal, cream, buckwheat cakes, maple syrup, head-cheese, crackers, baked apples. DINNER.—Baked beans, Boston brown bread, scalloped oysters, cold slaw; pumpkin pie, fruit. SUPPER.—Oyster salad, hot biscuit, blackberry jam, cheese, layer cake.

27. BREAKFAST.—Corn-meal gems, baked beans, jam fritters, cream. DINNER.—Vermicelli soup, haunch of venison, mashed turnips, browned potatoes, onions, celery; rice pudding. SUPPER.—Cold meat, Saratoga chips, biscuit, grape sauce, blancmange, cream.

28. BREAKFAST.—Rolled rye, cream, graham gems, cold venison, potatoes in brown gravy, grapes. DINNER.—Vegetable soup, venison stew with dumplings, cranberry sauce, cold meat dressing; mince pie. SUP-

PER.—Sliced ham, brown toast, cranberry tarts, tea cake, whipped cream.

29. BREAKFAST.—California breakfast food, cream, omelet, fruit fritters, sauce. DINNER.—Oyster soup, roast turkey, onions, mashed potatoes, squash, cranberry sauce; plum pudding, mixed nuts, raisins, and candies. SUPPER.—Cold turkey, buttered toast, cold sliced pudding, plain cake.

30. BREAKFAST.—Cracked wheat, cream, potato cakes, oyster patties, cranberry jelly. DINNER.—Tomato soup, baked white-fish, mashed potatoes, mashed turnips, boiled beets, currant jelly, fruit pudding. SUPPER.—Toasted white fish, fried potatoes, muffins, hot apple sauce, cookies.

31. BREAKFAST.—Oatmeal, cream, corn-meal pancakes, syrup, head-cheese. DINNER.—Soup, roast beef, baked potatoes, cabbage boiled in milk, mashed turnips, spiced grapes; apple dumpling, cream sauce, fruit. SUPPER.—Hot brown bread, raw oysters, raspberry-jam shortcake, cream.

FEBRUARY.

1. *Sunday*. BREAKFAST.—California breakfast food, cream, Boston brown bread, codfish balls, olives. DINNER.—Oyster soup, cold roast beef, baked sweet potatoes, corn, celery; apple pie. SUPPER.—Toast, brown bread, grape jelly, cake.

2. BREAKFAST.—Johnny cake, roast beef and potatoes warmed in gravy, baked apples and cream. DINNER.—Soup, veal cutlets breaded, currant jelly, baked squash, stewed tomatoes, boiled potatoes, celery; pumpkin pie. SUPPER.—Cold ham, baking powder biscuit, baked potatoes, cabbage salad, plum jelly, cake.

3. BREAKFAST.—Fried mush, mutton chops, creamed potatoes, apple sauce. DINNER.—White soup, roast veal, stuffed, currant jelly, string beans, creamed turnips, browned potatoes; squash pie. SUPPER.—Fried potatoes, cold veal, light biscuit, jelly, hot sweet buns.

4. BREAKFAST.—Oatmeal, cream, baked apples, pop-overs, Lyonnaise potatoes, ham omelet. DINNER.—White soup with rice, boiled mutton, currant jelly, peas, macaroni and cheese, baked sweet potatoes; lemon pie. SUPPER.—Fried sweet potatoes, minced veal on toast, rusk, boiled custard, sweet biscuits.

5. BREAKFAST.—Cracked wheat, cream, buckwheat cakes with maple syrup, baked potatoes, sausage, apple sauce. DINNER.—Tomato soup, roast duck, currant jelly, celery, onions, squash, cabbage salad, mashed potatoes; custard pie. SUPPER.—Cold mutton, potato balls, celery salad, muffins, honey.

6. BREAKFAST.—California breakfast food, cream, Johnny cake, broiled mackerel, potato balls, baked apples. DINNER.—Boiled cod, egg sauce, salmi of duck, celery, scalloped tomatoes, mashed turnips, boiled potatoes; apple meringue. SUPPER.—Cream toast, baked eggs, French potatoes, whipped cream, sponge cake.

7. BREAKFAST.—Rolled oats, cream, bananas, potato croquettes, cold mutton, graham gems. DINNER.—Celery soup, chicken pie, cranberry sauce, peas, mashed potatoes, celery, rice pudding, wafers. SUPPER.—Fried oysters, Saratoga potatoes, celery mayonnaise, rolls, canned fruit, white cake.

8. *Sunday*. BREAKFAST.—Wheat granules, cream, broiled steak, potato cakes, rye bread, doughnuts. DINNER.—Turkey, giblet gravy, cranberry sauce, scalloped oysters, sweet potatoes, cauliflower, celery;

Hamburg cream, nuts, raisins. SUPPER.—Chicken salad, graham bread, wafers, cheese.

9. BREAKFAST.—Corn-meal gems, pork chops, baked potatoes, fried apples. DINNER.—Tomato cream soup, turkey, cranberry sauce, mashed potatoes, corn, celery; mince pie, cheese. SUPPER.—Creamed oysters on toast, potato fritters, muffins, canned cherries, chocolate cake.

10. BREAKFAST.—Grits, cream, turkey hash, potato balls, graham gems, baked apples. DINNER.—Soup, roast beef, browned potatoes, Yorkshire pudding, onions, celery; apple tapioca. SUPPER.—Cold roast beef, potato salad, Parker House rolls, velvet cream, delicate cake.

11. BREAKFAST.—Baked apples, cream, buckwheat cakes, maple syrup, breakfast sausage, rye bread. DINNER.—Vegetable soup, roast spare-rib, apple sauce, cold slaw, squash, corn, boiled potatoes, celery; apple pie, cheese. SUPPER.—Cold sparerib, baked sweet potatoes, plum jelly, buttered toast, sweet biscuit.

12. BREAKFAST.—Cerealine flakes, cream, roast beef hash, brown toast, doughnuts. DINNER.—Chicken stew with dumplings, scalloped tomatoes, onions, creamed rice, celery, baked potatoes; raspberry-jam shortcake. SUPPER.—Cold tongue, rice fritters, jelly, buttermilk biscuit, Dixie cream puffs.

13. BREAKFAST.—California breakfast food, cream, plain omelet, fried potatoes, gems. DINNER.—Celery soup, boiled halibut, oyster sauce, turnips, corn, boiled potatoes; fruit pie, nuts, raisins. SUPPER.—Chicken salad, fried sweet potatoes, baking powder biscuit, honey, jelly cake.

14. BREAKFAST.—Oatmeal, cream, potato cakes, fish omelet, Johnny cake. DINNER.—Beef soup, veal cutlets breaded, stewed tomatoes, salsify, baked potatoes, celery, plum butter; squash pie, fruit. SUPPER.—Pork tenderloins, Lyonnaise potatoes, spiced peaches, hot rolls, cake, custard.

15. *Sunday*. BREAKFAST.—Rolled oats, cream, Boston brown bread, baked beans, sour apple jelly. DINNER.—Oyster soup, fried chicken on toast, cream gravy, cranberry sauce, peas, sweet potatoes, celery; charlotte russe, confections. SUPPER.—Cream brown toast, toasted cheese, sliced peaches, chocolate cake.

16. BREAKFAST.—Cracked wheat, cream, broiled steak, hashed potatoes, gems. DINNER.—Onion soup, baked beans, potatoes, beets, brown bread; apple pie, cheese. SUPPER.—Chicken hash, buttered toast, jelly, rice fritters, lemon sauce.

17. BREAKFAST.—Fried mush, creamed potatoes, pork chops, apple sauce. DINNER.—Pea soup, boiled mutton, caper sauce, grape jelly, steamed rice, tomatoes, boiled potatoes, celery; cherry pie. SUPPER.—Meat croquettes, celery salad, Saratoga chips, pop-overs, stewed prunes, sponge cake.

18. BREAKFAST.—Oatmeal, cream, mutton chops, fried potatoes, wafers. DINNER.—Soup, broiled steak, tomato sauce, baked potatoes, onions, cabbage salad; mince pie. SUPPER.—Cold mutton, potato croquettes, toast, jelly, baked apples, cream, plain cake.

19. BREAKFAST.—Wheat granules, cream, buckwheat cakes, maple syrup, sausage, potatoes. DINNER.—Soup, boiled dinner with vegetables, brown bread; apple tarts. SUPPER.—Minced mutton, brown toast, creamed potatoes, olives, prune whip.

20. BREAKFAST.—Grits, cream, broiled mackerel, sweet potatoes, Johnny cake. DINNER.—Tomato soup, baked trout, stuffed, horse-radish sauce, potatoes, salsify, lima beans; bird's-nest pudding, fruit. SUP-

PER.—Shredded fish with cream, on toast, French fried potatoes, cold slaw, fruit fritters.

21. BREAKFAST.—Rolled wheat, cream, corned beef and vegetable hash, rye gems. DINNER.—Oxtail soup, veal potpie, baked beets, brown potatoes, celery; apple dowdy, cream. SUPPER.—Rolls, minced veal on toast, jellied apples, cream puffs.

22. *Sunday*. BREAKFAST.—Cerealine flakes, cream, baked apples, pork tenderloins, sweet potatoes, Zimmetkuche. DINNER.—Raw oysters, roast turkey, chestnut stuffing, barberry jelly, onions, mashed potatoes, celery; birthday cake, whipped cream, fruit. SUPPER.—Welsh rarebit, celery mayonnaise, Maryland biscuit, Washington pie.

23. BREAKFAST.—Oatmeal, cream, veal hash, buttermilk biscuit, apple sauce. DINNER.—Soup, scalloped turkey, cranberry jelly, fried parsnips, celery salad, sweet potatoes; cottage pudding. SUPPER.—Chipped beef in cream, baked potatoes, buttered toast, honey, wafers.

24. BREAKFAST.—Fried oatmeal, maple syrup, Hamburg beefsteak, creamed potatoes, spiced apples. DINNER.—Turkey soup, oyster pie, cranberry sauce, corn soufflé, cabbage mayonnaise, mashed potatoes; lemon fritters with sauce, nuts, raisins. SUPPER.—Minced turkey on toast, sweet potatoes, tea rolls, barberry jelly, custard cake.

25. BREAKFAST.—California breakfast food, cream, gems, turkey hash, potato cakes. DINNER.—Mulligatawney soup, roast beef, Yorkshire pudding, browned potatoes, onions, beets, jelly; apple tapioca. SUPPER.—Veal cheese, fried potatoes, toast, canned fruit, plain cake.

26. BREAKFAST.—Oatmeal, cream, Sally Lunn, cold roast beef, baked potatoes. DINNER.—Chicken stew with dumplings, baked potatoes, macaroni and cheese, celery salad; apple pie, cheese. SUPPER.—Roast beef hash, graham gems, lettuce mayonnaise, Scotch currant bannock.

27. BREAKFAST.—Fried oatmeal, coffee cake, creamed codfish, baked potatoes, prunes. DINNER.—Vegetable soup, boiled salmon, steamed rice, boiled potatoes, creamed cabbage, celery; cottage pudding. SUPPER.—Broiled smoked halibut, potato soufflé, cold slaw, pop-overs, raspberry jam, sweet biscuits.

28. BREAKFAST.—Grits, cream, potato nuts, chicken with brown gravy, toasted gems, fruit. DINNER.—Macaroni soup, boiled mutton, oyster sauce, rice, tomatoes, boiled potatoes, celery salad; lemon pie. SUPPER.—Salmon salad, Saratoga potatoes, rolls, baked apples, cream, sponge cake.

29. *Sunday*. BREAKFAST.—Wheat granules, cream, brown bread, codfish balls, spiced peaches. DINNER.—Turkey, with oyster dressing, cranberry jelly, mashed potatoes, corn, scalloped tomatoes, celery; velvet cream, assorted cake, confections. SUPPER.—Cold mutton, brown toast, cream puffs, canned fruit.

MARCH.

1. BREAKFAST.—Cream toast, chicken browned in butter, fried potatoes, canned-blackberry tarts. DINNER.—Soup, ham and eggs, fried apples, cold slaw; Brown Betty, cream, apples. SUPPER.—Chipped beef with cream, Parker House rolls, canned fruit, cheese.

2. BREAKFAST.—Ham omelet, rolled wheat, cream, fruit fritters. DINNER.—Soup, baked chickens, mashed potatoes, mashed turnips, cabbage, cranberry sauce; peach pie, cream. SUPPER.—Butter toast, cold meat, apple sauce, jelly cake, whipped cream.

3. BREAKFAST.—Rolled rye, breakfast sausages, graham gems, baked

apples. DINNER.—Old-fashioned boiled dinner, vegetables, spiced currants; custard pie. SUPPER.—Hot biscuit, canned strawberries, sliced corned beef, cheese, layer cake.

4. BREAKFAST.—Grits, cream, vegetable hash, cold beef, Sally Lunn, apples. DINNER.—Soup, roast duck, mashed potatoes, mashed turnips, buttered beets, apple sauce; currant pudding, sweet sauce. SUPPER.—Brown toast, cold duck, baked sweet apples, cream, cookies, crullers.

5. BREAKFAST.—Oatmeal, fried duck, browned potatoes, browned turnips, doughnuts, cheese. DINNER.—Onion soup, baked pickarel, steamed potatoes, tomatoes, currants; bird's-nest pudding, fruit. SUPPER.—Raised rolls, toasted pickarel, Saratoga chips, baked apples, sponge cake.

6. BREAKFAST.—Cerealine flakes, pop-overs, shredded pickarel in cream, potato cakes, hard gingerbread. DINNER.—Vegetable soup, roast beef, plum jelly, mashed potatoes, onions, canned lima beans; apple dumplings, cream, mixed fruit. SUPPER.—Light rolls, ham omelet, honey, rolled jelly cake.

7. *Sunday*. BREAKFAST.—Cracked wheat, brown bread, Boston baked beans, fruit. DINNER.—Soup, cold boiled ham, poached eggs, celery, corn, tomatoes; blueberry pie, fruit. SUPPER.—Milk toast, cold roast beef, quince jelly, cookies.

8. BREAKFAST.—Rolled rye, toasted brown bread, corn fritters, sliced ham. DINNER.—Soup, pork chops, baked potatoes, tomatoes, corn; apple pie. SUPPER.—Minced beef on toast, Lyonnaise potatoes, peaches, cream, chocolate cake.

9. BREAKFAST.—California breakfast food, wheat gems, eggs, blueberries. DINNER.—Soup, chicken pie, baked potatoes, corn, cranberry sauce; lemon pie, fruit. SUPPER.—Waffles, scalloped oysters, stewed fruit, cocoanut cake.

10. BREAKFAST.—Oatmeal, cream, fried chicken on toast, Saratoga chips, doughnuts. DINNER.—Tomato soup, stuffed breast of veal, browned sweet potatoes, lobster salad, mashed turnips; tapioca pudding, cream. SUPPER.—Potato croquettes, cold veal, raised biscuit, canned fruit, cup cake.

11. BREAKFAST.—Hominy, crumpets, potato balls, cookies, fruit. DINNER.—White soup, roast turkey, mashed potatoes, corn, onions, scalloped oysters, cranberry sauce; mince pie. SUPPER.—Cream biscuit, cold turkey, cranberry tarts, apricots, cake.

12. BREAKFAST.—Rolled wheat, cream, shredded turkey in brown gravy, brown toast. DINNER.—Vermicelli soup, stuffed trout, baked, browned potatoes, bread sauce, salsify, parsnips, spiced currants; canned-cherry pie. SUPPER.—Fancy biscuit, shredded trout in cream on toast, celery, layer cake.

13. BREAKFAST.—Rolled rye, cream, corn meal gems, eggs, potato-cakes, fried parsnips, honey. DINNER.—Oxtail soup, corned beef, boiled potatoes, beets, cabbage, onions, canned currants; apple pie. SUPPER.—Biscuit, cold veal, cheese, preserved cherries, cream, cake.

14. *Sunday*. BREAKFAST.—Rolled wheat, cream, cabbage browned, corned beef hash, toast, currants. DINNER.—Oyster stew, beefsteak, potatoes; mince pie. SUPPER.—Cold beef, creamed potatoes, tea rolls, canned peaches, cream, layer cake.

15. BREAKFAST.—Oatmeal, cream, omelet, fruit fritters, Saratoga chips, gems. DINNER.—Clam chowder, scalloped tomatoes, celery, barberry jelly; rhubarb pudding with cream. SUPPER.—Hot biscuit, chipped beef, baked apples, celery, whipped-cream cake.

16. BREAKFAST.—Cracked wheat, cream, browned clam chowder on

toast, celery, toasted crackers, apricots. DINNER.—Beef soup, fricasseed chicken, dumplings, baked potatoes, stewed onions, celery, currant jelly; rolled fruit pudding. SUPPER.—Chicken salad, Parker House rolls, celery, sweet biscuit, cheese.

17. BREAKFAST.—Oatmeal, cream, broiled mackerel, fried potatoes, flour gems, spiced currants, doughnuts. DINNER.—Scalloped oysters, baked sturgeon, stuffed, bread sauce, macaroni, browned potatoes, lima beans, cranberry sauce; lemon pie. SUPPER.—Sweet spiced rolls, oyster fritters, peach layer cake, whipped cream.

18. BREAKFAST.—Johnny cake, shredded sturgeon browned in butter, toasted crackers, plum jelly. DINNER.—Fish stew, ham and eggs, succotash, tomatoes, potatoes, apple sauce; cherry pie. SUPPER.—Hot biscuit, cabbage salad, boiled eggs, raspberry jam, angel cake.

19. BREAKFAST.—Oatmeal, cream, graham gems, fish omelet, oranges. DINNER.—Onion soup, codfish, boiled potatoes, fried parsnips, celery, spiced currants; apple dumpling, fruit. SUPPER.—Sliced ham, cream toast, baked sweet apples, cheese, jelly cake.

20. BREAKFAST.—Rolled rye, cream, corn-meal gems, pork chops, potatoes, doughnuts. DINNER.—Scalloped oysters, pork roast with sage, browned potatoes, cabbage salad, succotash, apple sauce; cherry pie. SUPPER.—Sweet biscuit, oyster fritters, cranberry tarts, celery, sage cheese.

21. *Sunday*. BREAKFAST.—Plain drop cakes, corn fritters browned, lima beans, celery, raspberry jam. DINNER.—Cold pork, baked potatoes, salsify, apple sauce; lemon pie. SUPPER.—Sweet biscuit, sliced ham, Saratoga chips, blancmange, cream.

22. BREAKFAST.—California breakfast food, ham omelet, fried potatoes, baked apples. DINNER.—Brown soup, pork chops, baked potatoes, onions, apple sauce; rice pudding. SUPPER.—Butter toast, lobster salad, celery, honey, cake.

23. BREAKFAST.—Dry toast, broiled codfish, potato cakes, grape jelly, doughnuts. DINNER.—Brown stew, chicken pie, baked sweet potatoes, tomatoes, corn, celery, jelly; blueberry roll, white sauce, fruit. SUPPER.—Canned-strawberry shortcake, whipped cream, cheese, cookies.

24. BREAKFAST.—Johnny cake, fried chicken, browned potatoes, baked apples, cream. DINNER.—Soup, minced chicken in gravy on toast, baked potatoes, succotash, scalloped tomatoes; mince pie, fruit. SUPPER.—Smoked halibut, tomato fritters, baked custard, delicate cake.

25. BREAKFAST.—Cerealine flakes, cream, wheaten gems, eggs on toast. DINNER.—Soup, roast beef, mashed potatoes, corn, macaroni and cheese, cranberry sauce; mince pie. SUPPER.—Ham sandwiches, celery mayonnaise, prune whip, cake.

26. BREAKFAST.—Rolled wheat, cream, minced beef browned in butter, toast, Saratoga chips, fruit. DINNER.—Beef soup, boiled salmon, egg sauce, stewed tomatoes, corn, lima beans, currant jam; apple pie. SUPPER.—Cream biscuit, smoked tongue, Saratoga chips, canned peaches, cream, cake.

27. BREAKFAST.—Oatmeal mush, cream, Johnny cake, honey, fish cakes. DINNER.—Soup, roast beef in brown gravy, baked potatoes, creamed cabbage, onions, plum jelly; mince pie. SUPPER.—Boston baked beans, brown bread, honey, baked apples, cream.

28. *Sunday*. BREAKFAST.—Baked beans, brown bread, apple fritters, sauce, doughnuts. DINNER.—Soup, veal cutlets, baked potatoes, celery, corn, cranberry jelly; pumpkin pie. SUPPER.—Biscuit, salmon salad, canned strawberries, spiced gingerbread.

29. BREAKFAST.—Oatmeal, pancakes, syrup, creamed potatoes, cold beef. DINNER.—Soup, fried lake trout, baked potatoes, corn, lima beans, apple sauce; baked apple. SUPPER.—Cold tongue, potato hash, apple turnovers, cream, cinnamon buns.

30. BREAKFAST.—Hominy, cream, omelet, potato balls, crullers. DINNER.—Soup, veal pie, browned potatoes, scalloped oysters, parsnips, spiced currants; cottage pudding. SUPPER.—Parker House rolls, cold tongue, Saratoga chips, canned fruit, cake.

31. BREAKFAST.—Rolled rye, cream, toasted rolls, broiled mackerel, fried potatoes, jelly. DINNER.—Soup, leg of mutton, boiled potatoes, corn, steamed rice, currant jelly; custard pie, fruit. SUPPER.—Butter toast, succotash, potato salad, cake.

APRIL.

1. BREAKFAST.—Corn-meal gems, buttered toast, potato cakes, browned liver in gravy, cookies. DINNER.—White soup, mutton with caper sauce, spinach, potatoes, lettuce salad; apple snow. SUPPER.—Rice croquettes, ramakin toast, canned fruit, sponge cake.

2. BREAKFAST.—Toasted biscuit, broiled cod, fried potatoes, quince jelly. DINNER.—Soup, baked shad, baked potatoes, stewed tomatoes, onions; apple pie, fruit. SUPPER.—Sardine sandwiches, potato salad, buns, orange sauce, sponge cake.

3. BREAKFAST.—Fruenty, cream, muffins, sliced mutton, Saratoga chips, gingerbread. DINNER.—Soup, ham and eggs, plum butter, baked potatoes, cabbage; apple tapioca, cream. SUPPER.—Minced ham sandwiches, brown bread, stewed prunes, lemon cake.

4. *Sunday*. BREAKFAST.—Rolled rye, cream, meat toast, doughnuts, oranges. DINNER.—Boston baked beans, brown bread, apple sauce, cold slaw, buttered beets; custard pie. SUPPER.—Bread and milk, cheese sandwiches, lemon tarts.

5. BREAKFAST.—Cracked wheat, cream, toasted brown bread, baked beans, lettuce, cookies. DINNER.—Tomato soup, broiled ham, poached eggs, boiled potatoes, fried parsnips, celery; apple pie, fruit. SUPPER.—Muffins, creamed potatoes, beefsteak, tapioca cream, cake.

6. BREAKFAST.—Hominy, cream, toasted muffins, meat cakes, fried potatoes, gingerbread. DINNER.—Soup, baked chickens, bread sauce, browned potatoes, onions, canned currants; cranberry pie. SUPPER.—Fried chicken, potato balls, raised biscuit, canned raspberries, cake.

7. BREAKFAST.—Rolled wheat, cream, corn-meal gems, apple butter, boiled smoked herring, baked potatoes. DINNER.—Vermicelli soup, chicken in brown gravy on toast, lettuce salad, steamed potatoes, corn, scalloped tomatoes; canned-pumpkin pie. SUPPER.—Hot biscuit, oyster patties, currant jelly, Saratoga chips, layer cake.

8. BREAKFAST.—Pancakes, maple syrup, boiled eggs, fried potatoes, doughnuts. DINNER.—Mutton soup, beefsteak, baked potatoes, fried parsnips, lima beans; orange pudding, bananas. SUPPER.—Brown toast, tongue, banana fritters, lemon sauce.

9. BREAKFAST.—Rolled rye, cream, creamed codfish, baked potatoes, hot-cross buns. DINNER.—Tomato soup, boiled salmon, mashed potatoes, succotash; fruit pudding. SUPPER.—Baked eggs, scalloped potatoes, peaches in jelly, Banbury cake.

10. BREAKFAST.—Graham gems, codfish balls, cold fruit pudding, cream. DINNER.—Pot au feu, boiled ham, steamed potatoes, cabbage,

parsnips; baked Indian pudding, cream. SUPPER.—Potato croquettes, frizzled beef, currant jam, hot rolls, cakes.

11. *Sunday*. BREAKFAST.—Boston baked beans, brown bread, pickled beets and parsnips, spiced plums. DINNER.—Soup, Boston baked beans, brown bread, scalloped tomatoes; lemon pie, confections. SUPPER.—Cream toast, apricot tapioca, crullers.

12. BREAKFAST.—Cracked wheat, cream, beefsteak, baked potatoes, fruit. DINNER.—Soup, mutton chops, mashed potatoes, stewed tomatoes, peas; apple shortcake. SUPPER.—Rolls, Welsh rarebit, spiced apples, chocolate blancmange, cream.

13. BREAKFAST.—Oatmeal, cream, scrambled toast, fruit fritters. DINNER.—Soup, fillet of veal with dressing, browned potatoes, onions, macaroni, tomato sauce, jelly; peach roll, sauce. SUPPER.—Lettuce salad, cold veal, graham bread, apple custard, cup cake.

14. BREAKFAST.—Cracked wheat, cream, veal fritters, Lyonnaise potatoes, fruit. DINNER.—Soup, fricassee chicken, brown toast, sweet potatoes, tomatoes, lima beans, cranberry sauce; canned-currant pie. SUPPER.—Hot biscuit, toasted chicken, succotash, canned fruit, cake.

15. BREAKFAST.—Cerealine flakes, cream, banana fritters, lemon sauce, minced chicken on toast, fried sweet potatoes. DINNER.—Macaroni soup, roast beef, mashed potatoes, cold slaw; apple pie, bananas, cream. SUPPER.—Deviled ham on brown toast, Saratoga chips, pears, cream puffs.

16. BREAKFAST.—Hominy, cream, pancakes, maple syrup, boiled eggs, toast. DINNER.—Soup, baked fresh fish, browned potatoes, corn, lima beans, orange jelly; tapioca pudding, fruit. SUPPER.—Fried potato, toasted fresh fish, sweet biscuits, canned peaches, cream, layer cake.

17. BREAKFAST.—Oatmeal, cream, blueberry cake, roast beef stew. DINNER.—Soup, roast lamb, bread sauce, Tom Thumb peas, stewed tomatoes; cherry pie, oranges. SUPPER.—Hot cream biscuit, corn fritters, maple syrup, rock cream.

18. *Sunday*. BREAKFAST.—Fried mush, cold beef, potato cakes, gingerbread, oranges. DINNER.—White soup, cold roast lamb, succotash, baked sweet potatoes, lettuce salad; floating island, cake. SUPPER.—Sandwiches, cold biscuit, canned raspberries, cake, cheese.

19. BREAKFAST.—Meat hash, pancakes, maple syrup, doughnuts, cheese. DINNER.—Minced lamb on toast, baked potatoes, fried parsnips, cold slaw; fig pudding. SUPPER.—Broiled smoked halibut, Saratoga chips, prune whip, wafers.

20. BREAKFAST.—Cracked wheat, cream, corn-meal gems, liver and bacon, lemon jelly, doughnuts. DINNER.—Corned beef boiled with seasonable vegetables, dandelion greens; sliced oranges, rice snowballs. SUPPER.—Baking powder biscuit, maple syrup, potato cakes, canned-blueberry shortcake.

21. BREAKFAST.—Grits, cream, buckwheat pancakes, maple syrup, vegetable hash. DINNER.—Soup, beefsteak, baked potatoes, spiced currants, lima beans; pandowdy, cream, fruit. SUPPER.—Corned beef hash, cabbage salad, toast, canned currants, spice cake.

22. BREAKFAST.—Cracked wheat, cream, Hamburg beefsteak, toasted bread, plum butter. DINNER.—Soup, chicken pie, mashed potatoes, lettuce, young onions, cranberry jelly; fruit batter pudding. SUPPER.—Biscuit, chicken salad, lettuce, canned fruit, sponge cake.

23. BREAKFAST.—Hominy, cream, meat hash, boiled eggs, toasted biscuit, doughnuts. DINNER.—Soup, halibut fin, Béchamel sauce, boiled

potatoes, scalloped tomatoes, cold slaw; lemon pudding. SUPPER.—Hot biscuit, fish turbot, Lyonnaise potatoes, charlotte russe.

24. BREAKFAST.—Cerealine flakes, cream, bread pancakes, maple syrup, stewed-peach turnovers. DINNER.—Soup, mutton chops, jelly, baked potatoes, canned succotash; Brown Betty, cream. SUPPER.—Mutton toast, lettuce salad, rolls, cornstarch blancmange, quince marmalade, sweet biscuits.

25. *Sunday*. BREAKFAST.—Wheaten gems, mutton croquettes, potato hash, radishes. DINNER.—Boston baked beans, brown bread, lettuce salad; peach pie, orange pudding, cream. SUPPER.—Potato salad, toasted rusk, cheese, layer cake.

26. BREAKFAST.—Baked beans, toasted brown bread, lettuce, doughnuts. DINNER.—Soup, Irish stew, apple sauce, radishes; suet pudding, fruit. SUPPER.—Baked eggs, biscuit, raspberry meringue, cake.

27. BREAKFAST.—Fruментy, cream, shredded codfish in cream, waffles, stewed apricots, coffee cake. DINNER.—Soup, broiled spring chickens, browned potatoes, spinach, canned peas, plum jelly; fruit roll. SUPPER.—Buttered toast, cold meat, blackberry shortcake, cheese.

28. BREAKFAST.—Oatmeal, cream, plain fritters, maple syrup with lemon juice, codfish balls. DINNER.—Soup, clam chowder, tomatoes, lima beans, baked macaroni; cottage pudding. SUPPER.—Clam patties, hot biscuit, peaches, cream, cake.

29. BREAKFAST.—Toasted biscuit, browned chowder, eggs, spiced currants. DINNER.—Economical soup, fried young onions, lettuce salad, green peas, potato soufflé, stuffed eggs with gravy, currant jelly; date pudding. SUPPER.—Beefsteak, baked potatoes, blueberry biscuit, stewed prunes, cake.

30. BREAKFAST.—Mush, cream, toasted brown bread, breakfast sausage, doughnuts. DINNER.—Soup, baked pickerel, boiled potatoes, onions, corn, barberry jelly; fruit pie. SUPPER.—Biscuit, salmon salad, orange jelly, whipped cream, white sponge cake.

MAY.

1. BREAKFAST.—California breakfast food, cream, rolls, fried potatoes, toasted fish, jelly, cookies. DINNER.—Clear soup, roast veal, stuffed, browned potatoes, fried parsnips, lettuce, radishes; orange pudding. SUPPER.—Cold veal, potato fritters, strawberries, cake.

2. *Sunday*. BREAKFAST.—Buttered toast, minced veal omelet, fried potatoes, currant jelly. DINNER.—Boston baked beans, brown bread, asparagus on toast, stewed tomatoes, spiced currants; lemon pudding. SUPPER.—Bread and milk, toasted biscuits, honey, jelly cake.

3. BREAKFAST.—Oatmeal, cream, light rolls, cold veal, browned potatoes. DINNER.—Stuffed leg of lamb, mashed potatoes, corn, lima beans, asparagus, currant jelly; rhubarb pie, cream. SUPPER.—Minced veal on toast, light biscuit, plum butter, layer cake.

4. BREAKFAST.—Corn fritters, maple syrup, fried potatoes, cold lamb, cold slaw. DINNER.—Soup, boiled ham, poached eggs, baked potatoes, tomatoes, lettuce; rhubarb pudding. SUPPER.—Biscuit, sliced lamb, lettuce salad, preserved damsons, cake.

5. BREAKFAST.—Cracked wheat, cream, creamed potatoes, sliced ham, plain omelet, ginger cookies. DINNER.—Soup, fricasseed chicken, brown toast, mashed potatoes, asparagus; cherry pie. SUPPER.—Biscuit, chicken salad, jam, layer cake.

6. BREAKFAST.—Wheat granules, cream, lamb omelet, toasted biscuit,

doughnuts, radishes. DINNER.—Soup, roast beef, mashed potatoes, succotash, cold slaw; lemon pie. SUPPER.—Broiled ham, eggs on toast, potato balls, rock cream, cake.

7. BREAKFAST.—Oatmeal, cream, fried potatoes, mackerel, muffins, apple cake. DINNER.—Springtime soup, stuffed baked shad, tomato sauce, peas, mashed potatoes; cottage pudding. SUPPER.—Sliced beef, creamed potatoes, jam, whipped cream cake.

8. BREAKFAST.—Rolled rye, cream, minced beef on toast, bananas. DINNER.—Boiled mutton and pork, dandelion greens, stewed onions, boiled potatoes, steamed rice; rhubarb pie. SUPPER.—Sliced mutton, Lyonaise potatoes, biscuits, stewed currants.

9. *Sunday*. BREAKFAST.—Fruit fritters, sauce, boiled eggs, toast, brown bread, honey. DINNER.—Boston baked beans, brown bread, lettuce salad, radishes; lemon pie, fruit. SUPPER.—Cold mutton, rolls, strawberries, chocolate cake.

10. BREAKFAST.—Rolled rye, cream, brown bread, meat hash. DINNER.—Broiled lamb, asparagus on toast, tomatoes; Brown Betty, sweet sauce. SUPPER.—Baked beans, rice croquettes, marmalade, sweet biscuits.

11. BREAKFAST.—Rice waffles, maple syrup, omelet, fried potatoes. DINNER.—Asparagus soup, veal pot-pie, tomatoes, corn, barberry jelly; fruit salad, cake. SUPPER.—Broiled steak, potato nuts, plum preserves, tea biscuit, cake.

12. BREAKFAST.—Corn-meal gems, minced veal on toast, cucumbers, cookies. DINNER.—Soup, pigeon pie, grape jelly, new potatoes, tomato salad; lemon pudding. SUPPER.—Poached eggs, Saratoga chips, brown toast, jam, cake.

13. BREAKFAST.—Fruментy, batter cakes, syrup, potato balls, veal cutlets. DINNER.—Soup, beef à la mode, browned potatoes, asparagus, lettuce; rhubarb pie, fruit. SUPPER.—Cold meat, lettuce salad, hot biscuit, honey, cheese, cake.

14. BREAKFAST.—Broiled fish, corn-meal gems, fried potatoes, plum jelly. DINNER.—Soup, boiled cod or salmon, scalloped tomatoes, steamed potatoes, spinach with eggs; cream pie, silver cake. SUPPER.—Griddle cakes, maple syrup, lemon jelly cake.

15. BREAKFAST.—Cracked wheat, cream, light rolls, beefsteak, strawberries. DINNER.—Brown stew, boiled potatoes, fried parsnips, lettuce; baked Indian meal pudding. SUPPER.—Spiced salmon, hot biscuit, maple syrup, lemon jelly cake.

16. *Sunday*. BREAKFAST.—Light rolls, veal cutlets, fried potatoes, radishes. DINNER.—Baked chicken with dressing, rice, green peas, new potatoes; cherry pie, chocolate cake. SUPPER.—Rolls, cold chicken, jelly, cake.

17. BREAKFAST.—Brown bread, honey, potato cakes, chicken, radishes. DINNER.—Roast lamb, green peas, spinach, jelly; sponge cake, boiled custard, oranges. SUPPER.—Pop-overs, cold lamb, fried potatoes, baked rhubarb, cake.

18. BREAKFAST.—Rolled oats, cream, broiled bacon, baked potatoes, currant buns. DINNER.—Soup, corned beef, beet greens, young vegetables; cream blancmange. SUPPER.—Creamed potatoes, sliced beef, strawberry shortcake.

19. BREAKFAST.—Fried mush, maple syrup, corned beef hash, lettuce mayonnaise. DINNER.—Haricot of mutton with dumplings, macaroni

with cheese, spinach; baked Indian pudding, cream. SUPPER.—Light rolls, plain omelet, Saratoga chips, strawberries, cream duffs.

20. BREAKFAST.—Bakingpowder biscuit, cup potatoes, boiled eggs, sliced beef. DINNER.—Soup, smothered chickens, mashed potatoes, asparagus on toast, lettuce salad; puff pudding. SUPPER.—Chicken, fried potatoes, buttered toast, jam, cake.

21. BREAKFAST.—Banana fritters, lemon sauce, chicken hash, radishes. DINNER.—Soup, fried lake trout, mashed potatoes, asparagus; green-currant pie, sweet biscuits. SUPPER.—Scrambled toast, lettuce salad, strawberry shortcake.

22. BREAKFAST.—Cerealine flakes, cream, toasted trout, creamed potatoes, lettuce, radishes. DINNER.—Soup, baked sirloin of veal, currant jelly, browned potatoes, stewed tomatoes, corn; baked rice pudding. SUPPER.—Veal patties, Parker House rolls, Saratoga chips, jellied apricots, cream, cake.

23. *Sunday*. BREAKFAST.—Oatmeal, cream, fried potatoes, cold veal, doughnuts. DINNER.—Baked chicken, new potatoes, tomatoes, baked rhubarb; charlotte russe. SUPPER.—Fish hash, currant jam, biscuit, Washington pie.

24. BREAKFAST.—Rolled rye, cream, corn-meal gems, fish balls, hard gingerbread. DINNER.—Roast beef, mashed potatoes, spinach, onions; cornstarch blancmange, cream. SUPPER.—Veal patties, steamed brown bread, lettuce salad, strawberries, cake.

25. BREAKFAST.—Brown bread, omelet, fried potatoes, apple fritters, cheese. DINNER.—Boston baked beans, brown bread, cucumbers; cherry pie, cream. SUPPER.—Mutton chops, baked potatoes, lettuce salad, raspberry jam, mixed cakes.

26. BREAKFAST.—Corn-meal gems, bacon, eggs, fried potatoes, radishes, fruit. DINNER.—Soup, Boston baked beans, brown bread, fresh vegetables; currant roll, sweet sauce. SUPPER.—Broiled herrings, biscuit, strawberries, layer cake.

27. BREAKFAST.—Oatmeal, cream, toast, boiled eggs, lettuce, doughnuts, fruit. DINNER.—Soup, boiled beef, beet greens, young vegetables, plum jelly; queen of puddings. SUPPER.—Hot biscuit, cold beef, fried potatoes, macaroni, cheese, canned fruit, cake.

28. BREAKFAST.—Batter cakes, maple syrup, canned-oyster patties, lettuce. DINNER.—Soup, baked fresh mackerel, browned potatoes, onions, tomatoes, young beets; Brown Betty. SUPPER.—Hot biscuit, honey, sliced tongue, sponge cake.

29. BREAKFAST.—Hot biscuit, Hamburg beefsteak, fried potatoes, spiced currants, molasses cake. DINNER.—Soup, roast lamb, mint sauce, new vegetables, potatoes baked, quince jelly; cherry pie. SUPPER.—Sliced lamb, light rolls, tomato fritters, pineapple, Washington pie.

30. *Sunday*. BREAKFAST.—Rolled rye, cream, beefsteak, tomato omelet. DINNER.—Clam chowder, cold lamb, tomato sauce, baked potatoes, lettuce salad; strawberry shortcake, fruit. SUPPER.—Cold tongue, rolls, ice cream, cake.

31. BREAKFAST.—Fried mush, maple syrup, minced lamb on toast, new potatoes browned in halves. DINNER.—Beefsteak, creamed new potatoes, spinach, cucumber salad; blueberry pudding, cream. SUPPER.—Cream toast, broiled white fish, baked potatoes, strawberries, cake.

JUNE.

1. **BREAKFAST.**—California breakfast food, cream, strawberries, boiled eggs, pop-overs. **DINNER.**—Julienne soup, roast beef, Yorkshire pudding, browned potatoes, lettuce salad; chocolate blancmange. **SUPPER.**—Cold beef, Lyonnaise potatoes, strawberry shortcake.

2. **BREAKFAST.**—Buttered toast, poached eggs, stewed new potatoes, lettuce, radishes. **DINNER.**—Scotch broth, lamb fricassee, currant jelly, green peas, rice, steamed new potatoes; fig pudding. **SUPPER.**—Creamed chopped beef, fried potatoes, muffins, strawberries, cake.

3. **BREAKFAST.**—Minced lamb on toast, creamed potatoes, toasted muffins, cucumbers, cinnamon buns. **DINNER.**—Beef soup, roast beef in gravy, mashed potatoes, asparagus, onions; lemon pie. **SUPPER.**—Roast beef hash, lettuce salad, rice muffins, ribbon cake.

4. **BREAKFAST.**—Asparagus on toast with eggs, potato fritters, cherries. **DINNER.**—Tomato soup, boiled cod, horseradish sauce, new vegetables, cucumber salad; rice pudding, frosted cherries. **SUPPER.**—Vegetable salad, broiled white fish, graham bread, strawberry whip.

5. **BREAKFAST.**—Johnny cake, browned chicken on toast, creamed potatoes, oranges. **DINNER.**—Soup, corned beef, string beans, young beets, turnips, cabbage, potatoes; cherry pie. **SUPPER.**—Parker House rolls, pressed beef, fried potatoes, fruit salad, sponge cake.

6. *Sunday.* **BREAKFAST.**—Oatmeal, cream, fried bananas, baked eggs, creamed new potatoes, brown bread. **DINNER.**—Mulligatawny soup, fish turbot, vegetable salad, scalloped tomatoes; strawberry shortcake, cream. **SUPPER.**—Bread and milk, wafers, cheese, charlotte russe.

7. **BREAKFAST.**—Fried oatmeal, syrup, lettuce salad, corned beef hash, brown bread. **DINNER.**—Tomato purée, veal cutlets, breaded, wax beans, baked potatoes, tomatoes; chocolate blancmange. **SUPPER.**—Sardines, baking powder biscuit, strawberry shortcake.

8. **BREAKFAST.**—Breakfast food, cream, beefsteak, fried potatoes, fruit. **DINNER.**—Rice soup, boiled leg of mutton, caper sauce, spinach, rice, tomato salad, steamed potatoes; Brown Betty. **SUPPER.**—Tongue, creamed potatoes, hot rolls, fruit salad, cake.

9. **BREAKFAST.**—Rice cakes, potato hash, cold mutton, bananas. **DINNER.**—Purée of spinach, meat pie, jelly, baked potatoes, orange fritters, cucumber salad; Sutherland pudding. **SUPPER.**—Tongue hash, spiced peaches, brown toast, buttered, cup custards, white cake.

10. **BREAKFAST.**—Grits, cream, asparagus on toast with eggs, fried potatoes, doughnuts. **DINNER.**—Soup, ragout of beef, browned potatoes, onions, stewed tomatoes; puff pudding. **SUPPER.**—Friszled beef, baked potatoes, Sally Lunn, strawberries, loaf cake.

11. **BREAKFAST.**—Cream toast, fried fish, Lyonnaise potatoes, lettuce, radishes. **DINNER.**—Clear soup, baked pickerel, cream sauce, steamed potatoes, stewed onions, cucumber salad; strawberry shortcake. **SUPPER.**—Sardines, potato salad, cream biscuit, Washington pie.

12. **BREAKFAST.**—Fish croquettes, cream potatoes, Johnny cake, lettuce salad. **DINNER.**—Asparagus soup, cold beef, scalloped potatoes, corn, string beans; lemon pie, fruit. **SUPPER.**—Tea biscuit, graham bread, beefsteak, strawberries, cake.

13. *Sunday.* **BREAKFAST.**—Minced beef on toast, creamed potatoes, corn fritters, coffee cake, radishes. **DINNER.**—Baked chicken, mashed potatoes, tomatoes, salad, celery; snow pudding, frosted cherries. **SUPPER.**—Buttered toast, cold chicken, strawberries, cake.

14. **BREAKFAST.**—Meat hash, cucumbers, graham gems, coffee cake. **DINNER.**—Tomato soup, boiled ham, steamed potatoes, spinach, corn, cucumbers; cherry pudding. **SUPPER.**—Chicken salad, Saratoga potatoes, pop-overs, chocolate blancmange, sweet biscuits.

15. **BREAKFAST.**—Broiled liver, baked potatoes, cucumbers, French toast, doughnuts. **DINNER.**—Veal cutlets, breaded, tomato sauce, baked potatoes, wax beans, buttered beets, lettuce salad; strawberry shortcake. **SUPPER.**—Cold ham, creamed potatoes, sliced tomatoes, fresh rolls, custard, cake.

16. **BREAKFAST.**—Rolled oats, cream, ham omelet, brown bread, coffee cake, cherries. **DINNER.**—Soup, roast lamb, mint sauce, green peas, macaroni with cheese, new potatoes; puff pudding. **SUPPER.**—Cold lamb, new potatoes browned in halves, lettuce salad, brown toast, strawberry whip, pound cake.

17. **BREAKFAST.**—Johnny cake, broiled ham, fried potatoes, cucumbers, gingerbread, cheese. **DINNER.**—Tomato cream soup, beefsteak smothered in onions, baked potatoes, string beans, celery; fruit salad, sweet biscuits. **SUPPER.**—Minced lamb on toast, muffins, raspberries, cream, cake.

18. **BREAKFAST.**—Brook trout, new potatoes in cream, fruit fritters, lemon sauce. **DINNER.**—Boiled salmon, tomato sauce, steamed potatoes, cabbage stewed in milk, vegetable salad; ice cream, cake. **SUPPER.**—Baked eggs, Lyonnaise potatoes, pineapple fritters, fruit sauce.

19. **BREAKFAST.**—Fruментy, cream, gems, lettuce, radishes, broiled ham, baked potatoes, doughnuts. **DINNER.**—Soup, scalloped salmon, new potatoes, creamed cauliflower, cucumbers; custard pie, strawberries. **SUPPER.**—Veal loaf, fried potatoes, tomato salad, light biscuit; queen of puddings with whipped cream.

20. *Sunday.* **BREAKFAST.**—Ham omelet, creamed potatoes, brown toast, currants, coffee cake. **DINNER.**—Chicken, celery, new potatoes, peas, cabbage salad; ambrosia, cake. **SUPPER.**—Potato and salmon salad, graham bread, strawberries, whipped cream, cake.

21. **BREAKFAST.**—Ham, fried eggs, baked potatoes, Johnny cake, cucumbers, ginger snaps. **DINNER.**—Beefsteak, baked potatoes, snap beans cooked with bacon, onions sliced with cucumbers; cherry roll, butter sauce. **SUPPER.**—Chicken hash on toast, fried potatoes, baking powder biscuit, strawberry shortcake.

22. **BREAKFAST.**—Breakfast food, cream, potato nuts, veal loaf, sweet biscuit, currants. **DINNER.**—Roast beef, browned potatoes, onions, spinach; orange fritters, whipped cream. **SUPPER.**—Black bass, French potatoes, cucumber salad, muffins, fresh raspberries, cake.

23. **BREAKFAST.**—French rolls, broiled liver, potato hash, tomatoes, dewberries, cream. **DINNER.**—Roast beef in gravy, baked potatoes, string beans, buttered beets; lemon pie. **SUPPER.**—Pressed chicken, creamed potatoes, sliced tomatoes, fruit salad, chocolate cake.

24. **BREAKFAST.**—Meat toast, fried potatoes, whole wheat gems, strawberry shortcake. **DINNER.**—Soup, corned beef with new vegetables, brown bread; currant pie. **SUPPER.**—Pressed chicken, vegetable salad, raspberry shortcake.

25. **BREAKFAST.**—Wheat granules, cream, raspberries, poached eggs on toast, coffee cake. **DINNER.**—Onion soup, baked fish, cauliflower, string beans, new potatoes; cherry pie. **SUPPER.**—Fish in cream, fried potatoes, pop-overs, fruit fritters, whipped cream.

26. **BREAKFAST.**—Corned beef hash, wheat gems, lettuce salad, soft gingerbread. **DINNER.**—Veal cutlets, breaded, piquante sauce, peas, buttered beets, new potatoes, cucumbers; lemon pudding. **SUPPER.**—Jellied chicken, Lyonnaise potatoes, fruit salad, New England buns.

27. *Sunday.* **BREAKFAST.**—Browned chicken on toast with cream gravy, Saratoga potatoes, raspberries, buns. **DINNER.**—Cold stuffed breast of lamb, peas, cauliflower, stewed potatoes, lettuce salad; raspberry sherbet, delicate cake. **SUPPER.**—Bread and milk, cheese straws, strawberries with whipped cream.

28. **BREAKFAST.**—Boiled eggs, buttered brown toast, berries, steamed buns. **DINNER.**—Vegetable soup, cold lamb, scalloped potatoes, peas, cauliflower salad; batter pudding. **SUPPER.**—Beefsteak, fried potatoes, Sally Lunn, currants, cake.

29. **BREAKFAST.**—Cracked wheat, cream, raspberries, chipped beef with cream, baked potatoes, gingersnaps. **DINNER.**—Beef stew with dumplings, string beans, squash, beets, potatoes; dewberry pie with cream sauce. **SUPPER.**—Veal loaf, light biscuit, strawberries jellied, whipped cream, cake.

30. **BREAKFAST.**—Beef croquettes, fried potatoes, muffins, fruit. **DINNER.**—Spinach purée, chicken, new potatoes, succotash, sliced tomatoes; ice cream, cake. **SUPPER.**—Cold chicken, Saratoga chips, toasted muffins, jellied strawberries, cake.

JULY.

1. **BREAKFAST.**—Rolled wheat, beefsteak, creamed potatoes, lettuce, cold brown bread, strawberries. **DINNER.**—Milk soup, roast beef, string beans, potatoes, cauliflower; bananas, tapioca cream. **SUPPER.**—Biscuit, sliced beef, potato salad, strawberries, cream.

2. **BREAKFAST.**—Rolled rye, cream, omelet, peaches. **DINNER.**—Boiled fish, egg sauce, stewed corn, mashed potatoes, cucumber salad; apple dumplings, cream sauce. **SUPPER.**—Herring, Saratoga chips, baking powder biscuit, raspberry shortcake.

3. **BREAKFAST.**—Cracked wheat, cream, crullers, cold beef, fried potatoes, currants, ginger snaps. **DINNER.**—Broiled chickens, potatoes, young beet salad, egg garnish; strawberry pie. **SUPPER.**—Biscuit, broiled brook trout, currants, layer cake.

4. *Sunday.* **BREAKFAST.**—Rolled wheat, broiled mackerel, rolls, browned potatoes, strawberries, cream. **DINNER.**—White soup, boiled salmon, green peas, summer squash; cherry pie, oranges. **SUPPER.**—Ham, olives, light rolls, strawberries, cream, angel cake.

5. **BREAKFAST.**—Oatmeal, cream, toasted crackers, sliced bananas, scrambled toast. **DINNER.**—Soup, mutton chops, string beans, tomatoes, potatoes; currant pie. **SUPPER.**—Salmon salad, pop-overs, strawberries, cream, sponge cake.

6. **BREAKFAST.**—Rolled rye, cream, batter cakes, syrup, beefsteak, creamed potatoes, fruit. **DINNER.**—Soup, lamb fricassee, beet greens, potatoes, white turnips; boiled custard, lemon jelly cake. **SUPPER.**—Biscuit, lamb fritters, Saratoga chips, strawberries, cake.

7. **BREAKFAST.**—Cracked wheat, cream, toasted rolls, omelet, raspberries. **DINNER.**—White soup, veal pot-pie, baked potatoes, green peas, onions; currant pudding. **SUPPER.**—Potatoes, potted ham, sweet biscuits, strawberry ice, cocoanut cake.

8. **BREAKFAST.**—Rice cakes, maple syrup, minced veal on toast, browned potatoes, cottage cheese. **DINNER.**—Soup, roast beef, mashed

potatoes, tomatoes, string beans; raspberry pie. SUPPER.—Hot biscuit, sliced beef, potato cakes, strawberries, cream, layer cake.

9. BREAKFAST.—Wheatall, cream, brown toast, cucumber salad, cod-fish balls. DINNER.—Soup, baked white fish, browned potatoes, onions, mashed turnips, currant jelly; strawberry shortcake. SUPPER.—Hot biscuit, white fish salad, lemon jelly, chocolate cake.

10. BREAKFAST.—Buttered toast, shredded white fish in cream, Saratoga chips, cherries. DINNER.—Soup, veal cutlets, onions, beans, brown bread; raspberry pie. SUPPER.—Light rolls, meat croquettes, creamed potatoes, fruit salad, cake.

11. *Sunday*. BREAKFAST.—Broiled chicken, pone, fried potatoes, currants. DINNER.—Soup, Boston baked beans, brown bread, lettuce salad, radishes; raspberry pie. SUPPER.—Brown bread, cold chicken, raspberries, cream, sponge cake.

12. BREAKFAST.—Wheaten gems, cream, baked beans, brown bread, apples.—DINNER.—Soup, beefsteak, baked potatoes, green peas, cucumbers; raspberry roll. SUPPER.—Minced veal cakes, sweet buns, orange shortcake.

13. BREAKFAST.—Rolled rye, cream, toasted bread, broiled herring, seed cakes. DINNER.—Soup, baked chickens, mashed potatoes, string beans, onions, jelly; currant pie. SUPPER.—Rolls, chicken salad, raspberries, cake.

14. BREAKFAST.—Fruit fritters, cream, fried potatoes, chicken on toast. DINNER.—Soup, broiled lamb, baked potatoes, peas, lettuce salad; quince jelly, caramel pudding. SUPPER.—Potato and meat cakes, rolls, raspberries, fig cake.

15. BREAKFAST.—Ham omelet, fried potatoes, raspberry cake, fruit. DINNER.—Soup, corned beef, boiled potatoes, beets, turnips, currants; jelly, cornstarch pudding. SUPPER.—Sliced corned beef, biscuits, corn fritters, raspberries, cream.

16. BREAKFAST.—Corned beef hash, toasted biscuit, raspberries, cream. DINNER.—Soup, baked cod, mashed potatoes, buttered beets, diced turnips, currant jelly; cherry pudding. SUPPER.—Omelet, Parker House rolls, Saratoga chips, blackberries, cake.

17. BREAKFAST.—Rolled rye, cream, toast, cold cod, eggs, doughnuts. DINNER.—Soup, fish turbot, vegetables; blueberry pudding. SUPPER.—Eggs, cream toast, raspberry shortcake, whipped cream.

18. *Sunday*. BREAKFAST.—Cracked wheat, cream, cold brown bread, dewberries, fishballs. DINNER.—Cold roast lamb, peas, baked potatoes, lobster salad, celery; charlotte russe, fruits, nuts. SUPPER.—Lamb sandwiches, brown bread, jellied blackberries, whipped cream, cake.

19. BREAKFAST.—Mush, cream, brown bread, blueberries, sliced ham. DINNER.—Rice soup, boiled mutton, steamed potatoes, sliced tomatoes, rice; peach dumpling. SUPPER.—Rice cakes, cold mutton, creamed potatoes, cold slaw, raspberries, cake.

20. BREAKFAST.—Batter cakes, broiled ham, stewed corn, currants, doughnuts. DINNER.—Soup, broiled brook trout, baked potatoes, onions, buttered beets, celery; cherry pie. SUPPER.—Fried potatoes, steak, baking powder biscuit, olives, blackberries, strawberry ice cream, cake.

21. BREAKFAST.—Minced mutton on toast, potato balls, crullers, currants. DINNER.—Soup, roast leg of lamb, mashed potatoes, peas, asparagus, tomato salad; blackberry pie. SUPPER.—Cold lamb, sweet biscuits, raspberries, ice cream, cake.

22. BREAKFAST.—Pancakes, maple syrup, cold lamb, potato cakes,

cheese, currants. DINNER.—Baked ham, potatoes, corn, tomatoes; currant pie. SUPPER.—Biscuit, cold ham, corn oysters, blueberries, cream cake.

23. BREAKFAST.—Rolled wheat, cream, broiled mackerel, fried potatoes, blueberry fritters. DINNER.—Boiled shad, steamed potatoes, tomatoes, onions, asparagus; raspberry pie. SUPPER.—Cold shad, olives, blueberry cake, blancmange, cake.

24. BREAKFAST.—Cerealine flakes, cream, browned potatoes, beefsteak. DINNER.—Soup, fried gumbo, shell beans, corn, potatoes; lemon pudding, raisins, nuts. SUPPER.—Ham, cream biscuit, Saratoga chips, dewberries, cake.

25. *Sunday*. BREAKFAST.—Rolled rye, cream, eggs, fruit fritters, lemon sauce. DINNER.—Cold roast veal, stuffed, vegetables; fruit, ice cream, cake. SUPPER.—Omelet, ice cream, sweet biscuit.

26. BREAKFAST.—Cracked wheat, cream, fishballs, olives, currants. DINNER.—Soup, cold veal, potatoes, new vegetables; frosted currants, rice pudding. SUPPER.—Eggs, potatoes browned in butter, rolls, dewberry shortcake.

27. BREAKFAST.—Biscuit, minced veal, creamed potatoes, blackberries, coffee cake. DINNER.—Broiled trout, potatoes, beets, turnips, corn, currant jelly; peach pie, cream, watermelon. SUPPER.—Parker House rolls, boiled clams on shell, sliced pears, cream.

28. BREAKFAST.—Vegetable hash, eggs, brown bread, berries. DINNER.—Soup, fricassee chicken on toast, string beans, onions, succotash, mashed potatoes; blueberry pie, frosted fruit. SUPPER.—Broiled salmon, hot biscuit, corn fritters, berries, cake.

29. BREAKFAST.—Cracked wheat, cream, rolls, chicken, fried potatoes, sliced tomatoes, little spice cakes. DINNER.—Clam chowder, boiled beef, vegetables, currant jelly; pineapple pudding. SUPPER.—Clam patties, tomato salad, waffles, honey.

30. BREAKFAST.—Fried mush, creamed potatoes, scrambled eggs, fruit. DINNER.—Fried fish, baked potatoes, onions in cream, wax beans, tomato salad; blueberry pie, cream puffs. SUPPER.—Sardines, Saratoga potatoes, cream toast, ice cream, cake.

31. BREAKFAST.—Graham gems, potato hash, beefsteak, tomatoes. DINNER.—Stuffed shoulder of veal, jelly, mashed potatoes, corn, lima beans, lettuce salad; apple pie. SUPPER.—Cold veal, potato croquettes, tomato salad, cake, sea-moss blancmange, raspberries.

AUGUST.

1. *Sunday*. BREAKFAST.—Cracked wheat, cream, crullers, sliced tongue, blueberries. DINNER.—Boston baked beans, brown bread, pickled beets, lettuce salad; blueberry pie, melon. SUPPER.—Brown and white bread, milk, cold tongue, cake, cottage cheese.

2. BREAKFAST.—Cerealine flakes, cream, brown toast, baked beans, sliced tomatoes. DINNER.—Pickerel browned in butter, baked potatoes, mashed turnips, cucumbers; blueberry pudding. SUPPER.—Muffins, sliced tongue, potato salad, cottage cheese, banana cake.

3. BREAKFAST.—Oatmeal, cream, buttermilk biscuit, breaded eggs, fruit. DINNER.—Roast beef, mashed potatoes, tomatoes, corn, cabbage salad; blackberry pie. SUPPER.—Sliced beef, potato balls, tea rolls, peach frappé, cake.

4. BREAKFAST.—Buttered toast, roast beef hash, crullers, currants. DINNER.—Soup, stuffed baked lamb, peas, potatoes, beets; rice snow-

balls, wafers. SUPPER.—Fried potatoes, cold lamb, rusk, pineapple sherbet, cake.

5. BREAKFAST.—Rice muffins, meat croquettes, creamed potato, fruit. DINNER.—Soup, baked chickens, browned potatoes, mashed turnip, summer squash, cucumbers; currant pie. SUPPER.—Vienna rolls, lamb pie, potato salad, baked peaches, fancy cakes.

6. BREAKFAST.—Graham gems, broiled herrings, potato cakes, currants. DINNER.—Soup, baked halibut, vegetables, lemon jelly; apple pie, fruit. SUPPER.—Halibut in cream, brown toast, cake, raspberry ice.

7. BREAKFAST.—Rolled rye, corn fritters, fish cake, cucumbers, currant bannock. DINNER.—Soup, broiled chickens, potatoes, squash, boiled corn, tomato salad; blueberry pie, fruit. SUPPER.—Chicken salad, brown bread, sponge cake, blackberries.

8. *Sunday*. BREAKFAST.—Nutmeg melon, lamb chops, Lyonnaise potatoes, corn oysters. DINNER.—Cold roast beef, mashed potatoes, succotash, sliced tomatoes; blackberry tapioca, watermelon. SUPPER.—Brown bread, milk, cake, ice cream.

9. BREAKFAST.—Crullers, brown bread, beef in gravy, potato cakes, grapes. DINNER.—Veal cutlets, breaded, with tomato sauce, vegetables; rice pudding, fruit. SUPPER.—Cream toast, meat omelet, baked apples, cake.

10. BREAKFAST.—Rolls, meat hash, stewed grapes, little spice cakes. DINNER.—Soup, chicken pie, baked potatoes, tomatoes, onions, celery; fruit roll, grapes, pears. SUPPER.—Buns, chicken salad, celery, ice cream, cake.

11. BREAKFAST.—Fruit fritters, fricasseed eggs, baked potatoes, currants. DINNER.—Soup, roast lamb, mint sauce, green peas, squash, potatoes, celery; lemon pie, fruit. SUPPER.—Scrambled toast, fried potatoes, peach pyramid, cake.

12. BREAKFAST.—Oatmeal, cream, rolls, cold lamb, creamed potatoes, nutmeg melon. DINNER.—Soup, beefsteak, vegetables; blueberry pie, fruit. SUPPER.—Lamb croquettes, potato salad, banana compote, cake.

13. BREAKFAST.—Potato cakes, broiled mackerel, Johnny cake, lettuce, fruit. DINNER.—Soup, boiled salmon, vegetables, spiced currants; apple pie, cottage cheese, fruit. SUPPER.—Rolls, salmon salad, Saratoga potatoes, blackberries, cream puffs.

14. BREAKFAST.—Griddle cakes, baked eggs, fried potatoes, grapes. DINNER.—Soup, boiled ham, vegetables; apple dumplings, butter sauce. SUPPER.—Cold ham, vegetable salad, green-apple sauce, cocoanut cake.

15. *Sunday*. BREAKFAST.—Salmon in cream, potato cakes, cucumbers, cinnamon buns, fruit. DINNER.—Clam chowder, cold ham, tomato salad, celery; charlotte russe, watermelon. SUPPER.—Sardines, brown bread, cake, ice cream.

16. BREAKFAST.—Rolled oats, cream, brown bread, baked clams, buns, currant jelly. DINNER.—Beefsteak, mashed potatoes, tomatoes, corn, lima beans, celery; peach cobbler, fruit. SUPPER.—Biscuit, succotash, potato cakes, celery, grape sauce, cream puffs.

17. BREAKFAST.—Creamed potatoes, broiled herring, waffles, cinnamon buns, fruit. DINNER.—Soup, pork chops, vegetables; brown Betty, watermelon. SUPPER.—Creamed chipped beef, baked potatoes, rolls, frozen peaches, cake.

18. BREAKFAST.—Creamed potatoes, broiled codfish, blueberry biscuit, fruit. DINNER.—Old-fashioned boiled dinner, tomato salad; blackberry tapioca. SUPPER.—Beefsteak, potato balls, whipped cream cake, peach frappé.

19. **BREAKFAST.**—Wheat granules, cream, corned beef hash, fruit. **DINNER.**—Soup, fillet of veal, steamed potatoes, corn, egg plant, currant jelly; frozen pudding. **SUPPER.**—Sliced veal, creamed potatoes, berries, velvet sponge cake.

20. **BREAKFAST.**—Wheat gems, cream, minced veal on toast, lettuce salad, melon. **DINNER.**—Soup, baked black bass, browned potatoes, cauliflower, tomatoes; gooseberry pie. **SUPPER.**—Rolls, lobster salad, mixed cake, cup custards.

21. **BREAKFAST.**—Gems, fried potatoes, stuffed eggs, sliced tomatoes, celery, ginger snaps, melon. **DINNER.**—Soup, fricasseed prairie chickens, mashed potatoes, squash, onions, celery, currant jelly; gooseberry fool, fruit. **SUPPER.**—Rolls, boiled clams on shell, cake, ice cream.

22. *Sunday.* **BREAKFAST.**—Oatmeal, cream, prairie chickens on toast, sliced tomatoes, melon. **DINNER.**—Soup, cold boiled ham, vegetables; apple snow, confections, fruit. **SUPPER.**—Brown bread, milk, Italian cream, fancy cakes.

23. **BREAKFAST.**—Brown bread, ham omelet, vegetable hash, cucumbers, ginger snaps. **DINNER.**—Soup, beefsteak, baked potatoes, squash, green corn, tomatoes; plum cobbler, fruit. **SUPPER.**—Lancashire pie, tomato salad, chocolate blancmange.

24. **BREAKFAST.**—Meat toast, fried potatoes, Sally Lunn, sliced tomatoes, melon. **DINNER.**—Roast beef, mashed potatoes, cauliflower, scalloped tomatoes, celery; grape pie. **SUPPER.**—Clam fritters, tea rolls, jelly tarts, little fruit cakes.

25. **BREAKFAST.**—Cracked wheat, cream, plain omelet, toasted crackers, cheese, grapes. **DINNER.**—Soup, veal cutlet, potatoes, corn soufflé, beans, celery; peach pie, cream, fruit. **SUPPER.**—Cold beef, Lyonnaise potatoes, currant jelly, white sponge cake, pineapple sherbet.

26. **BREAKFAST.**—Cracker toast, baked clams, potato cakes, celery, apple sauce. **DINNER.**—Soup, baked ducks, potatoes, cauliflower, onions, corn, spiced currants; floating island, fruit. **SUPPER.**—Rolls, brown bread, sliced tomatoes, cream, clam fritters, spice cake.

27. **BREAKFAST.**—Biscuit, broiled fresh mackerel, potato rissoles, cucumber salad. **DINNER.**—Soup, boiled halibut, tomato salad, potatoes; apple pie, watermelon. **SUPPER.**—Fish turbot, fried potatoes, cornstarch blancmange, jelly cake.

28. **BREAKFAST.**—Fish balls, toast, celery salad, little fruit cakes. **DINNER.**—Boiled mutton, potatoes, celery, scalloped tomatoes, succotash; apple roly-poly. **SUPPER.**—Cold duck, biscuit, hot steamed brown bread, apple sauce, cocoanut cake.

29. *Sunday.* **BREAKFAST.**—Breakfast food, cream, egg gems, fried potatoes, doughnuts, fruit. **DINNER.**—Cold mutton, baked potatoes, peas, tomato salad; macaroons, lady fingers, baked pears, cream. **SUPPER.**—Pressed chicken, Saratoga chips, Vienna biscuit, fruit salad, cake.

30. **BREAKFAST.**—Meat toast, creamed potatoes, doughnuts, melon. **DINNER.**—Soup, pork chops, baked potatoes, lima beans, sweet corn, apple sauce; cottage pudding, grapes. **SUPPER.**—Pressed chicken, potato cakes, brown bread, grape jam, angel cake, ice cream.

31. **BREAKFAST.**—Cerealine flakes, cream, beefsteak, fried potatoes, sliced tomatoes, sweet biscuits. **DINNER.**—Stuffed roast veal, jelly, apple fritters, cauliflower, wax beans, mashed potatoes; sago and apple pudding, fruit. **SUPPER.**—Cold veal, scalloped potatoes, raised biscuits, apple compote, fancy cakes.

SEPTEMBER.

1. **BREAKFAST.**—Buns, apple fritters, cream, potato cakes, fruit. **DINNER.**—Ox-tail soup, boiled beef, beets, carrots, potatoes, onions, cabbage salad; apple dumpling, grapes. **SUPPER.**—Light biscuit, baked apples, beef croquettes, vegetable salad, whipped cream cake.

2. **BREAKFAST.**—Corn-meal gems, honey, beef and vegetable hash, melons. **DINNER.**—Soup, roast duck, onions, turnips, potatoes, tomato salad, apple sauce; Delmonico pudding, fruit. **SUPPER.**—Browned potatoes, meat cakes, brown bread, baked peaches, cake.

3. **BREAKFAST.**—Oatmeal, cream, Johnny cake, creamed potatoes, broiled fish, apple sauce, melons. **DINNER.**—Soup, salmi of duck, vegetables, currant jelly; apple pie, cheese. **SUPPER.**—Omelet, toast, baked apples, cream, white cake, ice cream.

4. **BREAKFAST.**—Light rolls, beefsteak, potatoes, baked apples, peaches, raised doughnuts. **DINNER.**—Soup, fried partridges, cranberry sauce, celery, vegetables; grape pie, fruit. **SUPPER.**—Cold partridge, crumpets, fruit fritters, baked pears.

5. *Sunday.* **BREAKFAST.**—Baked pears, cream, toasted crumpets, fried tomatoes, broiled quail. **DINNER.**—Clam chowder, cold roast lamb, mashed potatoes, celery, scalloped tomatoes; blueberry pudding. **SUPPER.**—Potato salad, lamb, peaches.

6. **BREAKFAST.**—Graham gems, Lancashire pie, sliced tomatoes, melons. **DINNER.**—Lamb steak, potatoes, corn, shell beans, onions, celery; apple pie. **SUPPER.**—Broiled white fish, baked potatoes, cabbage salad, blackberries, cake.

7. **BREAKFAST.**—Batter cakes, creamed potatoes, beefsteak, apple butter, little spice cakes, grapes. **DINNER.**—Soup, brook trout, apple sauce, potatoes, squash, turnips, celery; brown Betty, cream. **SUPPER.**—Parker House rolls, scalloped oysters, peach cobbler, whipped cream.

8. **BREAKFAST.**—Cerealine flakes, cream, Johnny cake, sliced ham, potato cakes, fruit. **DINNER.**—Soup, broiled steak, potatoes, stewed tomatoes, green corn, plum butter; fruit batter pudding, melons. **SUPPER.**—Biscuit, potato salad, boiled clams, jellied plums, whipped cream cake.

9. **BREAKFAST.**—Oatmeal mush, cream, fruit fritters, pressed meat, celery. **DINNER.**—Soup, chicken pie, vegetables; snow pudding, fruit. **SUPPER.**—Mutton chops, light rolls, baked apples, cake, ice cream.

10. **BREAKFAST.**—Breaded eggs, potato fritters, graham gems, stewed plums, melons. **DINNER.**—Soup, vegetables, boiled salmon, apple sauce; peach pie, grapes. **SUPPER.**—Broiled brook trout, tomato salad, blueberry cake, charlotte russe.

11. **BREAKFAST.**—Corn-meal gems, pressed meat, creamed potatoes, celery, crullers. **DINNER.**—Soup, roast beef, potatoes, onions, squash, celery; apple charlotte, fruit. **SUPPER.**—Cold beef, fried potatoes, brown bread, honey, stewed pears, cake.

12. *Sunday.* **BREAKFAST.**—Scalloped potatoes, fried oysters, sliced tomatoes, coffee cake, melons. **DINNER.**—Cold roast beef, baked potatoes, corn, tomato salad; apple pie, fruit. **SUPPER.**—Brown bread, milk, pear compote, cake.

13. **BREAKFAST.**—Rolled rye, cream, creamed potatoes, meat toast, apple sauce, buns. **DINNER.**—Soup, veal cutlet, tomato sauce, potatoes, fried parsnips, celery salad; jellied apples, tapioca pudding. **SUPPER.**—Veal loaf, fried potatoes, tomato salad, cake, apple meringue.

14. **BREAKFAST.**—Oysters on the half shell, corn-meal gems, plum

jelly, celery, sweet rusk. DINNER.—Roast fresh pork, apple sauce, onions, corn, potatoes, celery; plum pie, melons. SUPPER.—Scalloped oysters, fried tomatoes, cream toast, cake, fruit frappé.

15. BREAKFAST.—Broiled grouse, cup potatoes, fried oatmeal, tomatoes. DINNER.—Soup, pigeon pie, celery, potatoes, onions, peas, currant jelly; apple pie, melons. SUPPER.—Rolls, pigeon on toast, gooseberry jam, angel cake.

16. BREAKFAST.—Rolled wheat, cream, tomatoes, potato fritters, cold pork, melon. DINNER.—Soup, roast leg of mutton, currant jelly, turnips, egg plant; squash pie, fruit. SUPPER.—Scalloped oysters, tea rolls, baked quinces, cake.

17. BREAKFAST.—Broiled trout, browned potatoes, Johnny cake, fruit. DINNER.—Soup, boiled fresh cod, grape jelly, tomatoes, potatoes, celery; peach cobbler, grapes, pears. SUPPER.—Clam fritters, biscuit, celery, jellied apples, cake.

18. BREAKFAST.—Rolls, mutton toast, fried potatoes, squash patties, fruit. DINNER.—Soup, fish turbot, crabapple jelly, potatoes, cauliflower, baked tomatoes, celery; cottage pudding, fruit. SUPPER.—Lamb chops, cream toast, apple sauce, cinnamon buns.

19. *Sunday*. BREAKFAST.—Fried chicken, French toast, doughnuts, fruit. DINNER.—Soup, mutton pie, sweet potatoes, rice, tomato salad; apple pie, ambrosia, cake. SUPPER.—Egg sandwiches, brown bread, damson preserve, cake.

20. BREAKFAST.—Rice pancakes, ham and eggs, lettuce salad, fruit. DINNER.—Beefsteak, potatoes, diced turnips, squash, celery, cucumbers; apple dumpling, grapes. SUPPER.—Broiled trout, Saratoga chips, fried tomatoes, baked peaches, cake.

21. BREAKFAST.—Baking powder biscuit, omelet, *aux fines herbes*, fried potatoes, fruit. DINNER.—Soup, fried partridges, cream sauce, jelly, mashed potatoes, egg plant, scalloped tomatoes, celery; fruit roll. SUPPER.—Partridge on toast, potatoes, jam, cake.

22. BREAKFAST.—Broiled sweetbreads, fried potatoes, gems, tomatoes, spice cakes, fruit. DINNER.—Soup, chicken pie, currant jelly, corn, stuffed tomatoes, celery; peach cobbler, fruit. SUPPER.—Hot cream biscuit, cold chicken pie, baked apples, ribbon cake.

23. BREAKFAST.—Mutton chops, potatoes, corn oysters, vegetable salad. DINNER.—Soup, fried gumbo, sweet potatoes, scalloped tomatoes, onions, celery, apple sauce; lemon pie, fruit. SUPPER.—Egg sandwiches, hot buns, preserved blackberries, delicate cake, ice cream.

24. BREAKFAST.—Indian meal gems, chicken toast, creamed potatoes, fruit. DINNER.—Soup, boiled salmon, plum jelly, vegetables; peach pie, frosted fruit. SUPPER.—Broiled trout, potato salad, preserved damsons, cake.

25. BREAKFAST.—Veal cutlets, breaded, oatmeal mush, cream, corn fritters, baked apples. DINNER.—Soup, roast beef, mashed potatoes, succotash, eggplant; squash pie. SUPPER.—Salmon salad, brown bread, stewed pears, tapioca cream, cake.

26. *Sunday*. BREAKFAST.—California breakfast food, cream, eggs, fried tomatoes, Lyonnaise potatoes, melons. DINNER.—Fried chicken, cream gravy, brown bread, tomato salad; cake, pineapple sherbet, grapes. SUPPER.—Sliced ham, Saratoga chips, brown bread, peaches, cake.

27. BREAKFAST.—Meat toast, fried potatoes, gems, sliced tomatoes, fruit. DINNER.—Soup, cold roast beef, corn, baked onions, sweet potatoes; apple pie, fruit. SUPPER.—Dried beef in cream, baked potatoes, baked pears, custard, cake.

28. **BREAKFAST.**—Lyonnaise potatoes, beefsteak, muffins, fruit. **DINNER.**—Veal pot pie, potatoes, tomato salad, peach pyramid, cake. **SUPPER.**—Broiled fish, fried sweet potatoes, toasted muffins, charlotte russe.

29. **BREAKFAST.**—Rolled rye, cream, warmed-over veal pie, creamed potatoes, crullers, apple sauce. **DINNER.**—Soup, prairie chicken, potatoes, egg-plant, corn, cauliflower, cranberry sauce; apple pie, fruit. **SUPPER.**—Lamb chops, sweet potatoes, baked pears, blancmange, cake.

30. **BREAKFAST.**—Broiled bacon, eggs, Johnny cake, fried tomatoes, **DINNER.**—Soup, roast lamb, mint sauce, onions, potatoes, green corn pudding, cabbage salad; brown Betty, fruit. **SUPPER.**—Cold lamb, creamed potatoes, cinnamon buns, cottage cheese, baked peaches, cake.

OCTOBER.

1. **BREAKFAST.**—Cracked wheat, cream, codfish balls, fruit fritters, melon. **DINNER.**—Baked pickerel, cream sauce, boiled potatoes, scalloped tomatoes, fried eggplant, spiced currants; apple dumplings, fruit. **SUPPER.**—Lobster salad, potato croquettes, cream biscuit, grape sauce, cake.

2. **BREAKFAST.**—Fried wheat mush, meat toast, creamed potatoes, Buckeye pop-overs. **DINNER.**—Soup, boiled mutton, caper sauce, potatoes, rice, tomatoes, corn; plum cobbler. **SUPPER.**—Pickerel shredded in cream, French potatoes, baked apples, pound cake.

3. *Sunday.* **BREAKFAST.**—Beefsteak, creamed potatoes, corn fritters, fruit. **DINNER.**—Raw oysters, baked chickens, sweet potatoes, succotash, tomato salad, celery; ice cream, cake. **SUPPER.**—Sardines, graham bread, peaches, cake.

4. **BREAKFAST.**—Broiled bacon, eggs, corn-meal gems, fried potatoes. **DINNER.**—Cold boiled mutton, browned potatoes, rice croquettes, scalloped tomatoes, jelly; gooseberry pie. **SUPPER.**—Chicken salad, baking powder biscuit, baked pears, cake.

5. **BREAKFAST.**—Lancashire pie, graham gems, sliced tomatoes, melon. **DINNER.**—Roast beef, mashed potatoes, turnips, eggplant, spice peaches; puff pudding, fruit. **SUPPER.**—Cold tongue, potato balls, rolls, baked apples, chocolate blancmange, snowball cake.

6. **BREAKFAST.**—Oatmeal, cream, meat toast, French potatoes, rusk, coffee cake, fruit. **DINNER.**—Oyster soup, fried prairie chicken, baked potatoes, squash, tomato salad, celery; apple meringue, cake. **SUPPER.**—Cold beef, creamed potatoes, baked quinces, cream puffs.

7. **BREAKFAST.**—Fried oatmeal, roast beef in gravy, sweet potatoes. **DINNER.**—Soup, stuffed roast veal, jelly, mashed potatoes, diced turnips, buttered beets, celery; sweet potato pudding, fruit. **SUPPER.**—Cold veal, fried sweet potatoes, lettuce salad, baked pears, cake.

8. **BREAKFAST.**—Fried fish, cup potatoes, fried apples. **DINNER.**—Fish chowder, baked sweet potatoes, fried tomatoes, celery, olives; apple pie. **SUPPER.**—Broiled oysters, Saratoga chips, pop-overs, velvet cream, white cake.

9. **BREAKFAST.**—Warmed-over chowder, French potatoes, muffins, fruit. **DINNER.**—Bean soup, veal pie, mashed potatoes, stewed tomatoes, corn; rice pudding. **SUPPER.**—Beefsteak, potato croquettes, tea biscuit, stewed pears, fig cake.

10. *Sunday.* **BREAKFAST.**—Baked beans, brown bread, baked apples, cream. **DINNER.**—Oyster soup, roast duck, currant jelly, mashed potatoes, squash, cabbage salad; fruit compote, cake. **SUPPER.**—Beefsteak, toast, baked pears, whipped cream, cake.

11. **BREAKFAST.**—Mutton chops, fried potatoes, graham gems, doughnuts. **DINNER.**—Smothered beef, browned potatoes, succotash, beets; squash pie, fruits. **SUPPER.**—Cold duck, potato cakes, spiced currants, lemon fritters.

12. **BREAKFAST.**—Hash, fried okra, Sally Lunn, apple sauce. **DINNER.**—Boiled mutton, caper sauce, steamed potatoes, rice, stewed tomatoes; lemon pudding, fruit. **SUPPER.**—Meat toast, Lyonnaise potatoes, blancmange, cake.

13. **BREAKFAST.**—Beefsteak, fried potatoes, tomato fritters, fruit. **DINNER.**—Soup, mutton pie, rice fritters, baked potatoes, cold slaw; grape pie. **SUPPER.**—Omelet, muffins, damson preserve, whipped cream cake.

14. **BREAKFAST.**—Cracked wheat, cream, baked apples, scrambled eggs, fried potatoes, crullers. **DINNER.**—Roast beef, mashed potatoes, onions, tomato fritters; Hamburg cream, cake. **SUPPER.**—Scotch woodcock, sweet potatoes, raspberry jam, cup custards.

15. **BREAKFAST.**—Creamed codfish, baked potatoes, fried apples. **DINNER.**—Boiled trout, tomato sauce, steamed potatoes, Heidelberg cabbage, corn; peach meringue, cake. **SUPPER.**—Egg fondu, muffins, almond custard, cake.

16. **BREAKFAST.**—Grits, cream, roast beef in gravy, potatoes, toasted muffins, fruit. **DINNER.**—Soup, beefsteak smothered in onions, baked potatoes, scalloped tomatoes, cold slaw; orange compote, cake. **SUPPER.**—Panned oysters, Saratoga chips, French rolls, jellied apples, sponge cake.

17. *Sunday.* **BREAKFAST.**—Tomatoes on toast, egg gems, sweet potatoes, fruit. **DINNER.**—Broiled pheasant, currant jelly, mashed potatoes, onions, tomato salad; charlotte russe, confections. **SUPPER.**—Cold pheasant, toasted rolls, plum jelly, cornstarch blancmange, cake.

18. **BREAKFAST.**—Meat toast, fried sweet potatoes, stewed tomatoes. **DINNER.**—Soup, veal cutlets, scalloped tomatoes, squash, mashed potatoes; rice pudding, jellied pears. **SUPPER.**—Fruit fritters, veal loaf, custard, spice cake.

19. **BREAKFAST.**—Wheat granules, cream, fried oysters, feather rolls, fruit. **DINNER.**—Fried partridge, apple sauce, sweet potatoes, corn, cabbage salad, celery; squash pie, fruit meringue. **SUPPER.**—Veal loaf, Lyonnaise potatoes, fried apples, moonshine, cake.

20. **BREAKFAST.**—Beefsteak, corn oysters, graham gems, baked apples. **DINNER.**—Stuffed roast veal, jelly, rice croquettes, cauliflower, potatoes, celery; batter pudding, fruit. **SUPPER.**—Sliced veal, candied sweet potatoes, grape jam, lemon cake.

21. **BREAKFAST.**—Feather biscuit, broiled bacon, fried eggs, creamed potatoes, apple sauce. **DINNER.**—Tomato soup, potted pigeons, spiced peaches, celery, potatoes, mashed turnips, onions; banana ice cream, sweet biscuits. **SUPPER.**—Cold veal, Saratoga chips, fried tomatoes, cream toast, chocolate cake.

22. **BREAKFAST.**—Fried fish, corn dodgers, tomatoes. **DINNER.**—Boiled fish, parsley sauce, potatoes, turnips, beets, cabbage salad; apple dowdy, cream. **SUPPER.**—Fish salad, baking powder biscuit, baked pears, lemon-jelly cake.

23. **BREAKFAST.**—Graham gems, mutton chops, fried potatoes, baked apples. **DINNER.**—Roast beef, onions, squash, turnips, potatoes; coconut pudding, chocolate cake, grapes. **SUPPER.**—Cold beef, French potatoes, hot biscuit, baked pears, cake.

24. *Sunday.* **BREAKFAST.**—Fried oysters, omelet, fried mush, melon.

DINNER.—Roast duck, currant jelly, celery, sweet potatoes, lima beans, tomato salad; sliced peaches, ice cream, cake, confections. **SUPPER.**—Cold duck, Saratoga potatoes, spiced currants, orange custard, cake.

25. **BREAKFAST.**—Meat toast, fried sweet potatoes, sliced tomatoes. **DINNER.**—Roast beef in gravy, Yorkshire pudding, browned potatoes, canflifer; apple sago pudding. **SUPPER.**—Broiled ham, fried tomatoes, fruit salad, cake.

26. **BREAKFAST.**—Beefsteak, fried potatoes, batter cakes, fruit. **DINNER.**—Soup, fried gumbo, boiled rice, scalloped tomatoes, celery; buttermilk pudding, macaroons, fruit. **SUPPER.**—Cheese sandwiches, fried tomatoes, apple tapioca, cake.

27. **BREAKFAST.**—Chicken toast, sweet potatoes, Sally Lunn, celery. **DINNER.**—Roast mutton, rice fritters, eggplant, potatoes, celery salad; apple pie. **SUPPER.**—Ramakin toast, tomato salad, grape marmalade, jumbles.

28. **BREAKFAST.**—Broiled bacon, omelet, corn-meal muffins, plum butter. **DINNER.**—Ragout of beef, potatoes, turnips, baked tomatoes, celery; rice pudding, fruit. **SUPPER.**—Chipped beef, creamed, baked potatoes, pop-overs, damson preserves, sweet biscuits.

29. **BREAKFAST.**—Broiled mackerel, creamed potatoes, corn dodgers, baked apples. **DINNER.**—Baked or boiled fish, steamed potatoes, creamed cabbage, buttered beets; Italian cream. **SUPPER.**—Scalloped oysters, olives, cranberry jelly, whipped cream with preserves, cake.

30. **BREAKFAST.**—Beef and vegetable hash, fried tomatoes, doughnuts. **DINNER.**—Bean soup, mutton chops, scalloped tomatoes, rice, sweet potatoes, celery; apple pie. **SUPPER.**—Raw oysters, sweet omelet, celery, raised biscuit, preserve, cake.

31. *Sunday.* **BREAKFAST.**—Baked beans, Boston brown bread, baked apples. **DINNER.**—Oyster soup, fried prairie chicken, cream gravy, cranberry sauce, celery, sweet potatoes, corn; pumpkin and apple pie, confections. **SUPPER.**—Fried oysters, fried sweet potatoes, spiced peaches, velvet cream, cake.

NOVEMBER.

1. **BREAKFAST.**—Baked eggs, fried potatoes, cracked wheat, cream, apple fritters, celery. **DINNER.**—Soup, veal stew with dumplings, potatoes, fried parsnips, tomatoes; apple pie, grapes. **SUPPER.**—Hot biscuit, honey, chicken salad, cookies, roll jelly cake.

2. **BREAKFAST.**—Rolled oats, cream, toasted biscuit, veal toast, creamed potatoes, baked apples. **DINNER.**—Soup, roast duck, apple sauce, browned potatoes, squash, onions; steamed plum pudding, fruits. **SUPPER.**—Light rolls, stewed peaches, duck on toast, whipped cream cake.

3. **BREAKFAST.**—Fried oatmeal mush, wheaten gems, Hamburger steak, fried potatoes, grape jam, doughnuts. **DINNER.**—Vegetable soup, fried pickerel, baked potatoes, stewed tomatoes, corn, currant jelly; squash pie. **SUPPER.**—Mutton chops, sweet potatoes, peach shortcake.

4. **BREAKFAST.**—Fish cakes, corn fritters, baked apples, doughnuts. **DINNER.**—Soup, game pie, mashed potatoes, onions, cabbage salad, wild plum sauce, celery; apple pie. **SUPPER.**—Cold game pie, Saratoga chips, hot biscuit, honey, layer cake.

5. **BREAKFAST.**—Rolled wheat, cream, scrambled eggs, fried potatoes, corn-meal gems, baked apples, fruit cookies. **DINNER.**—Soup, fresh halibut, boiled, steamed potatoes, tomatoes, onions, celery; baked In-

dian pudding, quince sauce, fruit. SUPPER.—Hot biscuit, fish salad, warmed potatoes, preserved damsons, cake.

6. BREAKFAST.—Bacon, eggs, creamed potatoes, pancakes, maple syrup, fried apples. DINNER.—Roast pork, apple sauce, browned potatoes, tomatoes, mashed turnips, onions; lemon pie, fruit. SUPPER.—Brown bread, broiled chicken on toast, preserved gages, cake.

7. *Sunday*. BREAKFAST.—Brown bread, baked beans, apple butter, celery, doughnuts. DINNER.—Oyster soup, cold pork, sweet potatoes, chicken salad; squash pie, fruit, confections. SUPPER.—Scalloped oysters, Saratoga chips, peaches, cream, sponge cake.

8. BREAKFAST.—Hominy, cream, omelet, fried potatoes, celery. DINNER.—Beefsteak, baked potatoes, corn, tomatoes, cabbage salad; apple pie. SUPPER.—Brown toast, minced beef omelet, jam, cake.

9. BREAKFAST.—Fried hominy, breakfast stew, fried tomatoes, crullers. DINNER.—Soup, boiled shoulder of mutton, potatoes, tomatoes, beets, carrots, rice; apple dumpling, grapes. SUPPER.—Cold tongue, potato salad, rice fritters, preserves, celery, cake.

10. BREAKFAST.—Cracked wheat, cream, jam, mutton toast, vegetable hash. DINNER.—Soup, cold mutton, baked potatoes, mashed turnip, vegetable salad; pumpkin pie. SUPPER.—Sweet potatoes, broiled bacon, spiced peaches, blanchmange, sweet biscuit.

11. BREAKFAST.—Rolled wheat, cream, pancakes, syrup, Lancashire pie, fruit. DINNER.—Soup, chicken pie, mashed potatoes, squash, onions, cranberry sauce, celery; apple tapioca, fruit. SUPPER.—Waffles, scalloped oysters, grape jelly, cake.

12. BREAKFAST.—Oatmeal, cream, gems, chicken pie, creamed potatoes, doughnuts. DINNER.—Cream soup, boiled fish, egg sauce, boiled potatoes, tomatoes, fried parsnips; cottage pudding, grape pie. SUPPER.—Oysters à la crème, buttermilk biscuit, raspberry-jam shortcake.

13. BREAKFAST.—Fried oatmeal mush, warmed biscuit, fish balls, doughnuts. DINNER.—Soup, pork chops, apple sauce, baked potatoes, tomatoes, squash; apple dowdy, fruit. SUPPER.—Biscuit, meat omelet, baked sweet apples, cream, cake.

14. *Sunday*. BREAKFAST.—Broiled chicken on toast, brown bread, doughnuts. DINNER.—White soup, roast beef, mashed potatoes, turnips, onions, celery; squash pie, nuts and raisins. SUPPER.—Saratoga chips, oysters on half shell, baked sweet apples, cream, cake.

15. BREAKFAST.—Cerealine flakes, cream, potato cakes, sausage, brown bread, doughnuts. DINNER.—Tomato soup, veal stew with dumplings, baked potatoes, scalloped salsify, cabbage salad; brown Betty, fruit. SUPPER.—Steamed bread, broiled pigeons, potato cakes, coddled apples, cake.

16. BREAKFAST.—Rolled wheat, cream, sweet potatoes, pigeon on brown toast, fried apples. DINNER.—Soup, venison fricassee, browned potatoes, cauliflower, succotash, tomatoes, currant jelly; pumpkin pie, fruit. SUPPER.—Venison steak, fried potatoes, succotash, preserved plums, cake.

17. BREAKFAST.—Oatmeal, cream, veal toast, drop cakes, crullers. DINNER.—Soup, roast mutton, mashed potatoes, rice, squash, cauliflower; apple dumpling, fruit. SUPPER.—Sweet potatoes, mutton, celery, apple tapioca, cake.

18. BREAKFAST.—Lancashire pie, baked apples, cream, doughnuts. DINNER.—Raw oysters, roast duck, currant jelly, potatoes, rice, tomatoes; baked Indian pudding, apple pie. SUPPER.—Cream biscuit, cold duck, apple sauce, spice cake.

19. **BREAKFAST.**—Breakfast food, cream, toasted crackers, duck, potato cakes, rice fritters. **DINNER.**—Soup, baked white fish, vegetables, plum jelly; sweet potato pudding, grapes. **SUPPER.**—Toasted white fish, fried potatoes, quince preserves, jelly cake.

20. **BREAKFAST.**—Cracked wheat, cream, meat toast, potato cakes, crullers. **DINNER.**—Corned beef with vegetables, salad; apple and custard pie, fruit. **SUPPER.**—Tea rolls, sliced beef, baked potatoes, celery, blanchmange, cake.

21. *Sunday.* **BREAKFAST.**—Fried oysters, fried potatoes, toast, spiced peaches. **DINNER.**—Fish chowder, vegetables; squash and apple pie, confections. **SUPPER.**—Eggs, brown bread, honey, Washington pie.

22. **BREAKFAST.**—Cracked wheat, cream, corned beef hash, fruit. **DINNER.**—Soup, partridge pie, cranberry sauce, salsify, mashed turnips, potatoes; rice pudding. **SUPPER.**—Warmed partridge pie, pop-overs, preserve puffs.

23. **BREAKFAST.**—Fried mush, hash, brown toast, crullers. **DINNER.**—Soup, fried pickerel, baked potatoes, tomatoes, corn, lima beans; lemon pudding, fruit. **SUPPER.**—Fried oysters, Saratoga chips, dried blueberry biscuit, whipped cream cake.

24. **BREAKFAST.**—Pork chops, creamed potatoes, Johnny cake, baked apples, cookies. **DINNER.**—Pot roast, apple sauce, baked potatoes, creamed cabbage, mashed turnip, succotash; apple pie. **SUPPER.**—Head cheese, warmed potatoes, fruit fritters, soft gingerbread, watermelon preserves.

25. *Thanksgiving.* **BREAKFAST.**—Oatmeal, cream, fricasseed chicken on toast, sweet potatoes, doughnuts, fruit. **DINNER.**—Raw oysters, soup, roast turkey, chicken pie, cranberry sauce, sweet and mashed potatoes, turnips, squash, onions, cabbage salad, celery; plum pudding, varieties of pie, ice cream or fancy cream, cake, fruit, nuts and raisins, confections. **SUPPER.**—Oysters, cheese sandwiches, jelly.

26. **BREAKFAST.**—Beefsteak, potato hash, buttered toast, tomato fritters. **DINNER.**—Soup, turkey in gravy, cranberry sauce, candied sweet potatoes, macaroni with cheese; cold plum pudding with cream. **SUPPER.**—Scalloped turkey, celery salad, peaches, cream, cake.

27. **BREAKFAST.**—Graham gems, broiled mackerel, potato cakes, toasted biscuit, grape jelly. **DINNER.**—Turkey soup, venison steak, cranberry sauce, squash, cauliflower, baked potatoes; custard pie. **SUPPER.**—Parker House rolls, broiled fish, Lyonnaise potatoes, canned fruit, cake.

28. *Sunday.* **BREAKFAST.**—Brown bread, baked beans, celery, crullers, grapes. **DINNER.**—Raw oysters, fried prairie chickens on toast, browned potatoes, cabbage salad; pumpkin pie, confectionery. **SUPPER.**—Bread, milk, toasted cheese, raspberry meringue, cake.

29. **BREAKFAST.**—Cracked wheat, cream, beefsteak, creamed potatoes, doughnuts. **DINNER.**—Soup, roast pork, apple sauce, mashed potatoes, onions, creamed cabbage; squash pie. **SUPPER.**—Omelet, potatoes, brown bread, honey, cake.

30. **BREAKFAST.**—Rolled oats, cream, cold pork, cup potatoes, apple fritters, doughnuts. **DINNER.**—Roast duck, currant jelly, potatoes, squash, baked onions, cabbage salad; fruit roll, oranges. **SUPPER.**—Scalloped oysters, spiced currants, hot biscuit, cornstarch blanchmange.

DECEMBER.

1. BREAKFAST.—Oatmeal, cream, rolls, baked apples, pork chops, browned potatoes. DINNER.—Soup, baked sparerib, mashed potatoes, squash, onions, cabbage salad; apple pie, fruit. SUPPER.—Hamburger steak, creamed potatoes, jam, cake.

2. BREAKFAST.—Buckwheat cakes, sausage, Lyonnaise potatoes, fried bread. DINNER.—Soup, roast ducks, apple sauce, browned potatoes, mashed turnips, beets; brown Betty, fruit. SUPPER.—Cold sparerib, potato cakes, tea biscuit, peaches, cream, cake.

3. BREAKFAST.—Hominy croquettes, rolls, apple butter, cold duck, fried potatoes, doughnuts. DINNER.—Fish chowder, scalloped tomatoes, lima beans, celery, lemon jelly; cranberry pie, squash pie, fruit. SUPPER.—Hot biscuit, scalloped oysters, potato balls, baked apples, cake.

4. BREAKFAST.—Rolled rye, cream, graham gems, warmed chowder, apple butter, doughnuts, fruit. DINNER.—Corned beef with vegetables; Indian pudding, apple dumpling. SUPPER.—Brown bread, corned beef hash, fried apples, blanchmange, cake.

5. *Sunday*. BREAKFAST.—Breakfast sausage, brown toast, buckwheat cakes, fruit. DINNER.—Soup, roast venison, mashed potatoes, tomatoes, celery, apple sauce; fig pudding, lemon sauce, nuts, raisins, candy. SUPPER.—Cup potatoes, cold venison, canned fruit, cake.

6. BREAKFAST.—Johnny cake, beef and vegetable hash, apple butter, doughnuts. DINNER.—Baked veal, succotash, potatoes, tomatoes, cranberry sauce; pandowdy, cream. SUPPER.—Venison toast, sweet potatoes, grape jelly, cake.

7. BREAKFAST.—Oatmeal, cream, veal patties, Sally Lunn, doughnuts. DINNER.—Ox-tail soup, fried pickerel, baked potatoes, mashed turnips, tomatoes; cranberry pie, sago pudding. SUPPER.—Rolls, broiled partridge on toast, Saratoga chips, baked apples, cake.

8. BREAKFAST.—Oatmeal fritters, fried apples, partridge warmed in cream, fried potatoes, celery, little fruit cakes. DINNER.—Soup, stuffed roast pork, plum jelly, browned potatoes, squash, onions, tomatoes; lemon pudding, apple pie. SUPPER.—Cold pork, potato cakes, biscuit, canned apricots, cake.

9. BREAKFAST.—Rolled rye, cream, apple fritters, breakfast stew. DINNER.—Oyster stew, roast mutton, potatoes, rice, tomatoes; pumpkin pie. SUPPER.—Oysters on toast, celery, candied sweet potatoes, cheese cakes.

10. BREAKFAST.—Corn meal gems, broiled mackerel, stewed potatoes, pickled beets, crullers. DINNER.—Rice soup, baked or boiled fish, cranberry sauce, baked potatoes, diced turnips, rice fritters; fruit roll, custard cake. SUPPER.—Stewed oysters, cold mutton, cabbage salad, potato cakes.

11. BREAKFAST.—Cold roast pork, potato soufflé, buckwheat cakes, grapes. DINNER.—Chicken fricassee, currant jelly, baked potatoes, cauliflower, onions; apple snow, squash pie. SUPPER.—Brown bread, Boston baked beans, cold slaw, currant buns.

12. *Sunday*. BREAKFAST.—Oatmeal, cream, brown bread, Boston baked beans, doughnuts, fruit. DINNER.—Raw oysters, roast turkey, cranberry sauce, vegetables; mince pie, charlotte russe. SUPPER.—Brown toast, turkey, cold venison, jelly, cake.

13. BREAKFAST.—Rolled rye, cream, venison toast, fried potatoes, plum butter, crullers. DINNER.—Turkey heated, cranberry sauce,

baked potatoes, corn fritters, celery; apple pie. SUPPER.—Omelet, fried sweet potatoes, soft gingerbread.

14. BREAKFAST.—Breakfast bacon, cold turkey, fried cabbage, potato cakes, corn dodger. DINNER.—Soup, meat pie, currant jelly, sweet potatoes, corn, cold slaw; cranberry pie, ribbon cake. SUPPER.—Fried trout, fried potatoes, baking powder biscuit, fruit shortcake.

15. BREAKFAST.—Minced turkey on toast, flannel cakes, baked apples. DINNER.—Vegetable soup, beefsteak, baked potatoes, mashed turnips, squash; mince pie. SUPPER.—Oyster stew, Parker House rolls, cherries, pound cake.

16. BREAKFAST.—Graham gems, potato hash, pork tenderloin, currant jelly, doughnuts. DINNER.—Soup, chicken, cranberry jelly, potatoes, fried parsnips, tomatoes; apple tapioca, sweet biscuits. SUPPER.—Oysters on the half shell, tea rolls, grape jelly, cake.

17. BREAKFAST.—Cream toast, halibut steak, browned potatoes, spiced currants. DINNER.—Clam soup, boiled salt codfish, fried pork, butter and egg sauce, steamed potatoes, mashed turnip, cabbage salad; apple dumpling. SUPPER.—Clam fritters, scalloped tomatoes, baked apples, cake.

18. BREAKFAST.—Breakfast food, cream, steak, creamed potatoes, Sally Lunn, doughnuts, fruit. DINNER.—Bean soup, venison steak, cranberry jelly, onions, parsnips, potatoes; pumpkin pie. SUPPER.—Pressed meat, Saratoga potatoes, raised biscuit, honey, currant buns.

19. *Sunday*. BREAKFAST.—Fish balls, brown bread, tomato fritters. DINNER.—Roast ducks, scalloped oysters, currant jelly, potatoes, onions, celery salad; mince pie, fruit, confections. SUPPER.—Brown bread, cold duck, fried potato, blanchmange, cake.

20. BREAKFAST.—Oatmeal, cream, head cheese in batter, potato balls, brown toast, doughnuts. DINNER.—Roast sparerib, sage dressing, mashed potatoes, tomatoes, salsify, cold slaw, currant jam; rice pudding. SUPPER.—Cold sparerib, potato salad, raspberry-jam shortcake.

21. BREAKFAST.—Johnny cake, breakfast sausage, baked apples, cookies. DINNER.—Clam soup, roast rabbit, onions, Heidelberg cabbage, baked potatoes; apple meringue. SUPPER.—Salmi of duck, potatoes, biscuit, canned cherries, lemon cake.

22. BREAKFAST.—Rolled wheat, cream, gems, pork steak, cranberry jelly, potato balls, crullers. DINNER.—Tomato soup, corned beef with plum jelly, vegetables, brown bread; orange pudding, cake. SUPPER.—Biscuit, rabbit stew, potato salad, canned peaches, cake.

23. BREAKFAST.—Pancakes, maple syrup, vegetable hash, head cheese, baked apples. DINNER.—Pot-pie, baked potatoes, baked beets, baked squash, cold slaw; apple dumpling, fruit. SUPPER.—Welsh rarebit, fruit fritters, baked sweet apples and cream, cake.

24. BREAKFAST.—Rolled oats, cream, fried potatoes, beefsteak, doughnuts, fruit. DINNER.—Pea soup, baked shad, barberry jelly, vegetables; squash pie, mince pie. SUPPER.—Omelet, buttered toast, damson preserve, cake.

25. *Christmas*. BREAKFAST.—Fruit, breakfast food, cream, broiled oysters on toast, fried chicken, sweet potatoes, waffles, honey. DINNER.—Raw oysters, Julienne soup, roast pig, currant jelly, roast goose, apple sauce, mashed potatoes, turnips, onions, salad, celery; Christmas plum pudding, mince pie, lemon pie, fancy cakes, ices, fruits, nuts, raisins. SUPPER.—Vienna rolls, jellied chicken, preserved fruit, charlotte russe.

26. *Sunday*. BREAKFAST.—Fruit, cold goose, creamed potatoes, apple fritters. DINNER.—Celery soup, cold roast pig, quail on toast, potatoes, squash, scalloped tomatoes; ice cream, cake. SUPPER.—Buttered toast, jellied chicken, cake, preserve.

27. BREAKFAST.—Rolled wheat, cream, sausage, potato cakes, fried apples, buckwheat cakes. DINNER.—Soup, beefsteak, baked potatoes, canned corn, chicken salad; mince pie. SUPPER.—Brown toast, cold roast pig, potato salad, celery, cake.

28. BREAKFAST.—Fried mush, syrup, liver and bacon, apple butter, baked potatoes, raised doughnuts. DINNER.—Oyster soup, fried trout, steamed potatoes, buttered beets, macaroni with cheese, cabbage salad; plum pudding, fruit. SUPPER.—Hot rolls, fried oysters, Saratoga chips, spiced peaches, damson preserve, pound cake.

29. BREAKFAST.—Cream toast, veal sweetbreads, potato croquettes, baked apples. DINNER.—Mutton broth with macaroni, boiled mutton, caper sauce, mashed potatoes, canned peas, scalloped tomatoes, barberry jelly, celery; apple pie. SUPPER.—Potato croquettes, cold mutton, raspberry-jam shortcake.

30. BREAKFAST.—Rolled oats, cream, graham gems, breaded veal cutlets, cream gravy, baked potatoes, plum butter, doughnuts. DINNER.—Soup, roast beef or chicken, cranberry sauce, mashed potatoes, salsify, canned corn, celery; cocoanut pudding, tarts. SUPPER.—Fried potatoes, mutton toast, grape jelly, assorted cakes.

31. BREAKFAST.—Fried oysters, coddled eggs, Lyonnaise potatoes, waffles, maple syrup, fruit. DINNER.—Cream of corn, boiled fish, Hollandaise sauce, steamed potatoes, succotash, scalloped tomatoes, celery; lemon pudding. SUPPER.—Fricassee oysters, celery, cabbage salad, waffles, honey.

NOTE.—These bills of fare are made with special reference to the ordinary routine of the week in the kitchen, the meals for each day being planned to save labor and fuel, and to interfere as little as possible with the special work of the day. Thus Monday's bill of fare will not fit any other day of the week, if Monday is set apart as washing day. The housekeeper should aim at variety in successive meals rather than in the same meal; remember that a few dishes nicely cooked and served, make a far more attractive dinner than many dishes poorly cooked and served.

MENU FOR SPECIAL OCCASIONS.

A knowledge of the variety of food suitable for particular entertainments, or the amount necessary for a given number of guests, greatly facilitates in making arrangements or estimating the expense. The following information is given to meet such requirements:

NEW YEAR'S RECEPTION.—The table should be handsomely arranged and decorated, and selections may be made from the following: Scalloped oysters, cold tongue, turkey, chicken, ham, pressed meats, boned turkey, jellied chicken; finger rolls, sandwiches, sandwich rolls; chicken salad, lobster salad, cabbage salad garnished with fried oysters; pickled oysters, French, Spanish or bottled pickles; jellies; charlotte russe, ice creams, ices; two large, handsome cakes for table decoration, baskets of fancy cakes and mixed cake; fruits; nuts; confections; coffee, chocolate with whipped cream, Russian tea, lemonade.

WEDDING RECEPTION.—Sandwiches, salads, cheese straws, olives,

cakes, ice cream in bricks, sherbet, bonbons, salted almonds or salted peanuts, tea, coffee and chocolate. Serve the guests at small tables seating two, four or six persons. These should be supplied with the requisite number of spoons, forks and napkins needed, also with a creamer and sugar bowl. The long table in the dining-room should have the menu placed upon it, taking care not to overload, and replenishing from the pantry.

SMALL EVENING PARTIES, RECEPTIONS, SOCIABLES, ETC.—Sandwiches, finger rolls, a variety of cake, or fancy cakes, jellies, ice cream or ices, coffee, chocolate, tea, fruit. For a more elaborate entertainment add lobster or salmon salad, chicken croquettes, pickled oysters.

FOR TWENTY PEOPLE.—Allow one gallon of oysters, four chickens and eight bunches of celery for chicken salad, fifty sandwiches, or sixty finger rolls; two quarts of orange or lemon jelly, one white cake, one fruit cake, one pound or sponge cake, one layer cake, half a pound of macaroons, two dozen kisses and chocolate éclairs, two moulds, or twenty-four individual forms of charlotte russe, one gallon of ice cream, in bricks, one gallon of coffee.

FOR ONE HUNDRED PEOPLE.—More elaborate preparations are in good form. Two gallons of oysters, raw or pickled, one gallon of lobster or chicken salad, two small hams sliced, three tongues sliced, ten chickens jellied or pressed, one and one-half gallon of homemade, or two gallons of bottled pickles, twelve dozen finger rolls, five quarts of jelly, fifteen large cakes, fruit, delicate, pound, sponge, white and layer cakes, ten dozen each of macaroons, kisses, eclairs, cocoanut cones, four gallons of ice cream in bricks, five large baskets of fruit, five gallons of coffee, two gallons of Russian tea, four gallons of iced lemonade.

FOR ONE HUNDRED AND SEVENTY-FIVE PEOPLE.—Six gallons of oysters, three small hams, five turkeys, five tongues, six four-pound chickens and twelve bunches of celery for salad, three gallons of pickles, twenty dozen finger rolls, twelve loaves of bread made in sandwich rolls, eight quarts of jelly, twenty large cakes, fifteen dozen each of macaroons, kisses, eclairs, cocoanut cones, etc., seven gallons of ice cream in bricks, four gallons of fruit ice or sherbet, fifteen dozen each of oranges, pears, and bananas, thirty pounds of grapes, eight gallons of coffee, three gallons of Russian tea, six gallons of lemonade.

SPRING PICNICS.—Cold roast chicken, sardines, pressed corned beef, tongue, hard-boiled eggs, stuffed or deviled eggs, Saratoga potatoes, Boston brown bread, butter rolls, meat or cheese sandwiches, salad, sweet or sour pickles, chowchow, jelly, jams, doughnuts, sweet biscuits, cake, coffee, tea, lemonade, oranges, bananas.

SUMMER PICNICS.—Cold baked or broiled chicken, any variety of cold meat, veal loaf, deviled or picnic eggs, pickled salmon, clam bake, salad, rolls, bread, Saratoga potatoes, tomatoes, pickles, sweet pickles, jelly, cake, sweet biscuits, ice cream or sherbet, coffee, lemonade, raspberry shrub, small fruits, melons.

FALL PICNICS.—Broiled prairie chicken, cold roast chicken or veal, pot of baked beans, fish chowder, clam chowder, clams roasted or fried, egg sandwiches, deviled eggs, Boston brown bread, rolls, rusk, potatoes roasted in the ashes, piccalilli, mangoes, marmalade, baked apples, jelly, doughnuts, cake, coffee, lemonade, melons, fruit.

Provide two baskets for picnics, one for the provisions and the other for dishes (wooden ones are best) and utensils, but limit the contents of the second basket as far as possible. Use a paper pail for water, carry butter, if any amount, in a tin box, as well as sugar, salt and pepper.

ALL AROUND THE HOUSE.

THE early necessity which was the source of the proverb "An Englishman's house is his castle," and expressed itself later in the phrase "Keep thine own house," took on a finer, sweeter, nobler meaning when John Howard Payne sang of "Home, sweet home."

To-day it is recognized that true housekeeping implies home-keeping; as the body is the home of the soul and worthless without it, so housekeeping is the body of which homekeeping is the soul, and neither fares well alone; however, the home spirit will find expression under most untoward conditions, while the body is able to keep up only a mechanical action if it does not have the life-giving, home spirit to ennoble it. The "soul should be kept on top," and the cares and work of housekeeping held to their secondary position.

Whatever tends to the harmonious development and the real comfort of the home, however humble it may be, is worthy of being well done. Carlyle says: "All true work is sacred; in all true work, were it but hand-labor, there is something of divineness," and quaint George Herbert tells us this principle

"Makes drudgery divine;

Who sweeps a room as for Thy laws,

Makes that and the action fine."

True housekeeping is a science to be studied, an art to be practiced, and a grace to be developed, fostered, or acquired. It comprehends all that goes to make a home where the sweetest, most enduring relations of life rest on firm foundations, and from which strength and inspiration are gained for noble living.

CARE OF THE HOUSE.

Great care should be taken in buying or renting a house, or rooms, to ascertain that the location is desirable, the plumbing good, the cellar built sanitarily, the rooms cheery and well ventilated.

In furnishing, consult good taste as well as the needs of the occasion and the purse, and let the "fitness of things" regulate the selection. It is economy to purchase the best materials, if possible, but it is poor economy to run in debt.

The stoves—if grates or fireplaces are not used—should be of the kind that may be thrown open or closed at pleasure. If a furnace is used, take care that the rooms are not kept too hot, and that there is thorough ventilation, for the health of the family depends as much on the quality of the air they breathe as the food they eat. To waste heat is not so bad as to waste health and vigor, and fuel is always cheaper, on the score of economy, than doctor's bills. In furnace-heated houses there should always be grates or fireplaces in living or sleeping rooms; and whenever the furnace heat is turned on, there should be a little fire to start the column of air in the chimney and secure ventilation. It is a common mistake to buy too small a furnace or other heating apparatus. This ought to be ample for the coldest weather, so that ordinarily it need not be kept up to its full capacity. When a furnace is heated too hot, the little particles of dust afloat in the air are charred, and the air has a burnt flavor, as unwholesome as it is disagreeable. Without fire, chimneys are apt to draw down a current of cold air. If there are no grates or fireplaces, do not air rooms from the halls, but throw open the windows. The air from the halls, although cold, is not pure. House plants will not thrive well in furnace-heated houses where gas is burned, and human beings, especially the young and delicate, need quite as pure air as plants. In a study, or other room much occupied, the windows may be dropped during meals, and the room warmed anew before it is needed again. Let there be plenty of sunlight in every room, even if the carpets do fade; and the housekeeper must be quick to note any scent of decay from vegetables or meats, or slops or refuse carelessly thrown about the premises. Many a case of fatal diphtheria or typhoid fever may be traced directly to the noxious vapors arising from decaying matter in a cellar, the outside of which is fair to look upon, while the parlors and living rooms are kept with perfect neatness. Every room must be clear

and sweet. In sickness, care in all these respects must be increased. In damp and chill autumn and spring days, a little fire should be lighted morning and evening.

The food for the family must be fresh to be wholesome, and it pays to buy the best material as there is less waste in it. No housekeeper should be satisfied with any but the best cooking; and no considerations of economy should induce her to place on the table bread slightly sour, cake or pudding at all heavy or solid, or meat with the least taint. Their use means disease and costly doctor's bills. If children and servants do work improperly, the housekeeper should quietly insist on its being done correctly. Order and system mean the stopping of waste, and the economy of time as well as money. It requires good food to make good muscle and good brain, and the man or woman who habitually sits down to badly-cooked or scanty dinners, fights the battle of life at a great disadvantage.

SWEEPING AND DUSTING.

The sweeping and dusting of a room seems simple enough, but is best done systematically. Dusters, made of old prints or sheets, with which to cover books, statuettes, and articles difficult to dust, and larger ones to cover beds, are indispensable. Carpet sweepers are good for daily use, when thorough work is not required, but the house needs a thorough sweeping once a week. Before sweeping, open the blinds and let in the light, and open the windows if it is not storming or very windy, and carry out as much furniture as possible. Look on the ceiling for cobwebs, and sprinkle the carpet with moistened bran, salt, or tea leaves. Clean the corners and edges with a sharp-pointed stick and stiff whisk-broom. Brush with a feather-duster all picture cords, frames, and curtains, and remove all cobwebs with a broom about which a towel has been pinned, going through all the rooms before removing the towel; begin from one corner to sweep toward the center with a short, light stroke, going slowly and carefully so as to raise no dust, and drawing, not pushing, the broom. The second time over, increase the length and force of the stroke, and the third,

brush with long and vigorous strokes, using care as the dirt at the center of the room is approached. In this way it will take twenty minutes to sweep a large room, but it will be clean, and the carpet will keep bright and fresh much longer, and wear better than if the dirt were allowed to grind out the fabric. Or the carpet may be swept with a dampened broom, from which all drops of water have been shaken, and then wiped over with a cloth wrung out very dry from water in which is a little ammonia. The wiping tends to brighten the colors as well as cleanse the carpet. After the sweeping, remove the dusters carefully, carrying them out of doors; rub, not simply wipe off, the furniture and other articles with a clean, soft, cotton cloth, or an old silk handkerchief, or a dusting-towel with fleecy surface which is sold expressly for this purpose, folding the dust in as it soils the cloth, and when it is filled with dust, shake it thoroughly out of doors. Managed in this way, curtains, furniture and carpets will never be loaded with dust, but will remain bright, clean and fresh from one year's end to another. If any spot of dust is too firmly fixed, wash in lukewarm soapsuds, and immediately rub dry with chamois. If there is open-work carving, draw the cloth through, or dust with a paintbrush and it will be easier to blow out some of the places which are difficult to reach, with a small pair of bellows. To clean and dust a piano, use half a yard of good canton flannel with a nap free from all specks and grit; if there are finger-marks or spots, rub up and down over them, keeping the nap next to the instrument. Keep the piano closed at night and in damp weather, but open on bright days, and if possible let the sun shine directly upon the keys, as the light will prevent their turning yellow. Have it tuned every spring and fall. As a finishing touch, leave late papers, magazines, a volume of poetry, drawings, or a stereoscope and views, where they will be convenient to use.

If the floors are of hard wood, or pine, oil-finished, wipe them with milk and water or clear water, and if a coat of oil-dressing is needed, apply it according to directions. The rugs should be well shaken weekly, unless very large and in a room not much in use, but should never be laid on the floor until it is perfectly dry.

Where matting is used, wipe it with moderately warm water and salt, in the proportion of a cup of salt to half a pail of water. Dry quickly with a soft cloth. Matting little used will need washing but twice in a season. A scrapbag hung on the end of the sewing machine, for storing all bits of cloth, ravelings and ends of thread, will save much sweeping. Washing windows and wiping doors once a week after sweeping will make the house bright. Wipe off finger marks from doors with a damp cloth as soon as they show themselves.

SLEEPING ROOMS.

The family bedroom should be on the first floor, if the house is properly built and there is no dampness. It should have a closet, high above the reach of children, where is kept medicine, liniment, strips of old linen, bandages, etc., for sudden sickness or accident. It should have a large closet, a part of which may be set apart for the little children's use, with low hooks where they may hang their clothes, a box for stockings, a bag for shoes, and other conveniences, which will help to teach them system and order. All bedding should be the best that can be afforded. The inner husks of corn make a good underbed. Oat straw is excellent. Hair mattresses are best and, in the end, most economical. Mattresses of Spanish moss are cheaper than hair, but soon mat together. Those made of coarse wool are objectionable at first on account of the odor, but are serviceable and less costly than hair. With a woven-wire bed, a light mattress is all that is needed; and this combination is healthiest and best, because it affords the most complete exposure of the bedding to air. The best covering is soft woolen blankets. Comforters made of cotton should be used with great caution, as they need to be frequently exposed to sun and air. The best comforter is made of cheesecloth or delaines, which may be partly worn, with wool instead of cotton quilted in. Beds should lie open for several hours every morning, and at least once a week all the bedding should be thoroughly aired in wind and sun. The head of the bedstead should stand against the north, and the light from the windows should not fall directly upon the sleeper,

neither should the sun's rays fall upon the mirror. Chambers should have transoms over the doors, and all the windows of the house so arranged as to be easily lowered or raised. In addition to one large bed or two single beds, as the case may be, the bureau, washstand, and towel rack, there should be a firm table for writing or working, a low chair, a rocker, other chairs according to the size of the room, and a large, oblong, covered box in which small articles may be kept, and stationary or hanging shelves for books, papers, etc. Let there be an abundance of towels on the rack, heavy, rough, bath towels, as well as those of finer quality, and at least two wash cloths. Keep the china in the sleeping room clean, and with fresh bureau and stand scarfs or towels the rooms will appear inviting though the furnishing may be very plain.

The housekeeper should be competent not only to direct in all matters, but able personally to show an ignorant or careless helper how they should be done. A kindhearted mistress may be unfair in her requirements through ignorance, and some servant might take advantage of her mistress' lack of practical knowledge.

CLEANING OF THE HOUSE.

High winds, multitudes of insects, and the many days of dryness and general dustiness of the whole year, make it imperative that the house be well cleaned spring and fall, though that will not obviate the necessity of keeping every room clean and orderly. Cleaning in the raw cold days of early spring disturbs everybody's comfort, and may endanger health, while late cleaning, after the spring days come, gives moths an advantage, and adds much to the housekeeper's work and weariness. But the early days may be utilized in the following manner to advantage: Take the vegetables from the cellar, open the windows, sweep the floors, walls and ceiling, and whitewash the two latter. Bring all portable shelves, boxes, and barrels, into the sun; wash them if to be used again, or consign them to the woodpile. Bring up all empty jars with covers, and everything that will hold odors, dampness or mould, and make them sweet. This will inconvenience no one.

Putting to rights piece-bags, cast-off clothing, boxes, trunk

and the baskets in the closets, greatly diminishes the regular cleaning. Empty old trunks and boxes, take them to the shed, and burn brimstone in them for an hour or two. The fumes will destroy any disease germs, or insect life that may lurk in them, and they will be ready to receive woollens and other things that must be packed away. Bring out and look over dresses, skirts, and men's clothing, that are not good enough to wear and too good to throw away. Give those away that are not needed, rip the others, clean and roll them up closely for the piece-bags which must be whole, clean, cotton bags. Old clothes hung away in closets, or thrown in a heap in the attic, hold moths, dirt, odors, and disease, and should not be tolerated.

If the cold still lingers it is well to depart from the usual rule and give the kitchen a thorough cleaning. Look-after every dish, shelf, and paper bag. If possible paint, paper, and whitewash every available place, and thoroughly repair the whole. Wash every shelf with strong borax water, and cover with manilla paper or newspapers. These covers must be frequently changed, as they absorb odors. Screen the doors and windows, and when the warm weather comes keep them open as much as possible. Storm-doors and windows may be put on in cold climates after the fall cleaning.

The regular cleaning should begin with the attic. Open the windows, and screen them with wire fine enough to keep out moths. Thoroughly clean the floor and walls. If sweeping will do it, that is enough; but if not, scrub the floor with hot ammonia or borax water, and, with a whitewash brush, go over the walls and ceiling with a coat of lime-water, or simply hot ammonia water. Be careful in handling ammonia as the strong fumes are injurious. The old way of tacking clean newspapers closely upon the rafters, is good if the ceiling above it is first freed from dust, cobwebs, and possible moths. Some divide the attic, and line the walls and ceiling of one part with tarred paper. Across the closet-like room smooth poles may be placed, and bedding and woollens hung lightly over them are out of the way of mice and insects. These should be whipped lightly, with a rattan, every week in summer, and once a month during the winter. It will take but a few min-

utes at a time. Wash the stairs carefully, brush and wash the doors, woodwork and windows. Repair and paint if need be, keeping the attic well closed.

Begin the chambers with the guest-room. Remove every piece that can be washed, as pillowcases, sheets, light quilts, spreads, blankets, towels, tidies and curtains. If there are too many pieces for the weekly wash, take a separate day, but put them all through good hot soapsuds. Spread feather beds, mattresses, and heavy comforters on the fresh grass, or the line, and have them thoroughly beaten; if there are any soiled places on the beds and mattresses, cleanse them with a brush and ammonia water, and the comforters with a soft, white cloth. Carry out all the furniture that is not too heavy, and take the bedstead apart, dust, wash carefully with a soft cloth and clean water, and wipe dry. Polish with an old silk handkerchief. Chink all cracks and crevices around the bedstead, where bugs might hide, with brown carbolic soap, and give all the hidden parts a light coat of varnish. No bedbug, nor his future children, can get through soap and varnish, and many of the powders and acids deface nice furniture. A brush and hot ammonia water will drive off or kill all stray bugs on beds or comforters without leaving any odor.

Lift the carpet, and if it be washable, wash it after it is beaten, that is, if it is not a new one. Two or three-ply ingrain, if all wool, will stand unlimited water from the hose, and look all the better for it. Wash the woodwork and the windows, inside and out, with good suds; wash the floor with hot suds in which is ammonia; chink the cracks around the edge of the floor with soap, or, if large, use papier-maché, made by boiling newspapers in hot water and adding a goodly amount of red pepper. Cover a broom with old, soft flannel, rub carefully the walls and ceiling, patch up any cracks in the paper, and fill cracks in the plaster with plaster of Paris, and kalsomine or paper the ceiling and walls. It is a good idea to paint the floor; at least paint a strip around the edge six or ten inches wide, rubbing the paint well into all corners and cracks. Remove everything from the closet, and take the same precautions that have been taken with the room, washing, patch-

ing, chinking, and carrying every garment into the sun to be looked over and aired. If still afraid of moths or disease germs, close the room tightly and burn brimstone in it for an hour, and, by opening the windows afterward, the odor will quickly escape. The smoke of brimstone will not injure the most delicate fabric. Lay fresh paper on the floor, as the old papers are full of dust and odors, and should not be used, unless thoroughly purified. Tack down the carpet, and put the room in order before cleaning another one. Close the doors tightly for fear of dust from the hall, and the other chambers.

Clean each chamber separately, according to the above directions. Paint, varnish and kalsomine where needed, and make every part of the room and article of furniture clean and sweet. The bathroom needs especial attention, and all drain-pipes should be filled with whole, deep traps, that no sewer gas may escape into the room. There is here a positive need of fresh paint, varnish, and a thorough scrubbing. No amount of copperas, or disinfectants, can take the place of perfect cleanliness.

All halls, closets, and stairways need the same attention that the bedrooms have had, and everything in them needs the sun and fresh air, as sunlight and air are necessary to cleanliness. Screen all windows to keep out insects, and open the windows part of each day in such a manner as to make a draught, that is, open one at the bottom, and the other at the top. Or, insert a plain, three-inch tin pipe in the chimney at the top of the room, and let it come to within four inches of the floor. Open the window at the top, and hold a piece of paper under the pipe; the air, going up from the floor, will almost snatch the paper from the hand. This is a cheap, but a sure way of carrying off the bad air from living rooms if the house is imperfectly ventilated, and will do no harm in any event.

Clean the lower rooms one at a time. Remove all furniture, and if the carpets are ingrain they need to be taken up every spring, and thoroughly cleansed. This may or may not be done by a thorough beating; if not, and they will not fade, turn the hose on them after beating, and dry quickly; repair them. Carry the lin-

ing out of doors, sweep, and fumigate in a box if necessary. Beat lightly all furniture and draperies, and, with a furniture button-brush, which runs to a sharp point, remove all dust from the upholstery; with a soft brush and artists' paints touch lightly all rubbed or scarred places on the furniture; polish, or oil with an oil that contains no adhesive element as raw linseed oil, and then polish with an old silk handkerchief. Paper, paint, or varnish; polish the windows outside and inside with chamois. Tack down the carpet, and set the room in order. Every picture and bit of fancy work, all bric-a-brac and books need to be cleansed thoroughly from dust, before their return to the room.

Proceed with the hallways in the same manner, washing the woodwork, windows, and floors, and doing all needed repairing. If stoves are used, remove them to a dry place for the summer before the cleaning begins, and do not tie them up in cloths or paper; simply cover them. Oiling them will prevent possible rust. If there are no grates in the house it is well to leave one stove for use in chilly or damp weather.

Not all carpets need to come up each year. Heavy tapestries and velvets may, with care, be kept down two, or even three years. Lace curtains need doing up every spring, and, if possible, heavy draperies should be cleansed and put by until another winter, and thin ones, as Madras muslins or light grasscloths, used in their places. Sweep all walls and ceilings with a broom covered with a large, soft cloth, which should be changed when soiled; and provide for good ventilation, which cannot be had by simply opening a window or door. When carpets are not to be taken up, they should be thoroughly swept and wiped with the nap, with ammonia water, and dried with a clean cloth. Place a damp cloth around the edges and iron dry with a moderately hot iron to kill possible moths.

; Before cleaning the dining-room, see that the sideboard, buffet or china closet is in order, the shelves, boxes or drawers renovated, the silver cleaned, the glass polished, the table linen looked over, its thin and worn pieces laid away to mend or to make into towels, and the china carefully wiped. Then clean the woodwork, win-

dows and doors ; paint, paper and kalsomine if needed. Replenish articles where there is a deficiency ; a few new pieces of pretty, inexpensive glass and china will give the table fresh attraction for the summer. If the floor is not hard wood, or stained and oiled, cover it with linoleum or oilcloth. Hang the windows with shades, but allow no draperies, and see that they are well screened, as nothing is more disgusting than flies swarming about a table. Provide, at least, a covering of white, fresh mosquito net for the table, if it is not to be cleared.

Go over the kitchen for odds and ends that may have accumulated. Throw out all kettles, basins and pans from which the lining or the tin has worn or burned off, and provide new ones. Scour the kettles, and clean the range or stove from all soot and ashes. Remove the pipe, and have the chimney cleaned. Give the inside of the sink, if of wood, at least three good coats of paint, and let it harden well before using. An iron sink should not be painted, but washed clean daily with hot suds. Now come the shed and yards. Look over the things that easily accumulate in an out-of-the-way place. Give away what may be of use to someone else, sell the rags, old rubbers, bottles, and other trash you can to the ragman, and finally have a bonfire to burn up everything objectionable. If the shed is clear of rags, chips and sawdust, old shoes and decaying herbs, old paint and fruit cans, webs, spiders, and dust, it will save a good deal of filth from the house, as well as possible sickness.

Rake the yards clean of dead leaves and grass. Any place inclined to dampness needs a load of fresh earth, and something planted there to absorb the miasms. Do not tolerate the throwing out of slops, egg shells, and vegetable refuse. Pour the waste water around trees, and burn the other things up if there are no fowls or animals to eat them, and remember that trees, vines and flowers take up malaria, and convert it into bud, blossom, and life.

Now that the house is clean, sweet and orderly, give a little time every day to keeping it so, and thus secure a larger degree of health and happiness.

THE CELLAR.

In building a house, great attention should be given to the cellar, as the health and comfort of families are affected more or less by the condition of this important part of the home. Better have a small house well built, and a high, dry cellar, than a larger one with a damp, illy-ventilated cellar. Arrange for a basement under the whole house, eight feet deep and provided with windows large enough to keep the air pure, and not so large as to make it difficult to keep warm in winter. Screen all the windows with wire netting. Plaster the walls, as dust accumulates on a rough surface. An outside entrance, protected by double doors, renders it easier and cleaner, especially in a farmhouse, to store fruit and vegetables. In country houses it is well to provide a coal shute, which may be kept in the coal bin.

The model cellar is divided into apartments by brick walls. The first room is used for the laundry, and a nice board floor covers the cement one. The walls and ceiling are plastered, and the wood-work painted. There is an iron sink with hot and cold water, tubs, stove, table, ironing-board, and all the conveniences for laundry work. An outside door and several windows give plenty of fresh air. Opening out of this room is a watercloset in good sanitary condition. Back of the laundry is the furnace room, and beyond that a room for wood. The coal room adjoins the furnace room. Farther on, the vegetable cellar, which is delightfully cool, and a large fruit pantry, with an outside window to keep the air pure, completes this ideal cellar. All the floors are cemented. The pantry is provided with shelves for jars and canned fruits. A dumb waiter comes down into this room so that fruit and vegetables may be sent above with little trouble. During hot weather the meals are cooked in the laundry and sent up on the dumb waiter. This saves heating the house, and keeps it free from unpleasant odors.

As rats will burrow under a wall to get into a cellar, it is well to dig a trench, at the outer edge of the stone foundation or the inner brick walls, and fill it with broken glass, or tin edges, which any tinner will be glad to get rid of. These sharp materials will effectually keep out the rodents.

In cold climates the walls should be built double, the inner wall of brick, leaving an air space of two inches between it and the outer wall; sawdust or tan bark may be used to fill in the space, or it may be left as a simple air-chamber.

In the vegetable apartment the bins should be made of dressed lumber and painted. If located in the center the contents may be easily examined and assorted. A strong slat frame a few inches high to hold barrels of fruit and vegetables, so the air can circulate around them, is desirable. Experienced fruit growers say that apples keep much better in barrels than in bins. Have shelves two feet in width made of slats about two inches wide and placed one inch apart on which to set fruit which is too delicate to be kept in barrels. These shelves should be hung in the most airy part of the cellar. Pears ripen nicely under a cover of woolen blankets.

A wire cupboard or shelf may be put up in the cellar pantry where pies, cakes, meats, etc., can be kept covered from ants, spiders, or other intruders. A quantity of tansy or motherwort, scattered about in the cellar and closets, will keep ants away. A coat of whitewash, once or twice a year, will freshen the cellar walls and remove any musty odor. A cellar should be kept as neat as a living-room, but to do this it must be examined frequently and all decayed fruits and vegetables disposed of at once. Every spring and fall it should be thoroughly cleaned and disinfected with copperas. Dissolve one pound of copperas in a pail of cold water, pour it into earthen bowls and place them in different parts of the cellar. Care must be taken that children do not meddle with the copperas-water, as it is poisonous. Another good disinfectant is lime, and if vegetables and fruits have been stored when damp, it should always be used, as it absorbs the moisture.

The mistress of the house should visit her cellar every few days, and not leave it to the care of servants, as potatoes left to sprout, turnips, cabbages, and other vegetables to decay, germinate serious diseases before the responsible members of the family are aware of danger.

Follow these directions as closely as possible and the cellar will be satisfactory. In any event, insist that the house be built on a good stone foundation to avoid the possibility of water standing in the cellar, and the sickness which it breeds. Only a flood can overcome the security of such a foundation.

THE DINING-ROOM.

This room should be as light, bright and attractive as possible, and every member of the family should endeavor to lay aside individual vexations or trials before coming to the table, and unite to make the "breaking of bread" together not only a source of bodily refreshment but an hour of mutual pleasure and improvement. The mistress of the house must lead here, for it rests largely with her to determine what the character of the hour shall be. The plainest room may thus be made attractive, and the homeliest fare appetizing. All the appointments of the room and the table should possess the beauty of neatness and the grace of appropriateness.

Let the table be the center of attraction. A round table five to seven feet in diameter is best adapted to conversational purposes, but the extension table, four feet wide and reaching any length desired, meets all requirements. An undercloth of white cotton plush, double-faced cotton flannel, or a silence cloth, of material manufactured expressly for this purpose, should cover the table to protect the polish of the wood and improve the appearance of the linen.

The style of elaborate decoration is ever changing, but faintly perfumed or rare flowers, ferns, delicate vines, tinted leaves, and fruit are always in good form, and delicate china, silver and glass add their own beauty if good taste presides over all. In some families a charming custom prevails of placing a flower daily beside the plate of the mistress, if it is difficult to obtain more for the table. The linen should be as heavy and fine as circumstances permit. Fine drawn-work doilies, towels with drawn-work or lace borders, hemstitched centre-pieces, with napkins and cloth woven in beautiful designs, increase the attractiveness of the table, which should not be burdened with dishes.

Ordinarily place the napkin at the right of the plate, or in place of the plate, and for dinner lay a roll or oblong piece of bread within its folds, and the knives, forks and spoons necessary to a given number of courses, at each side. The particular manner of serving varies with time and place, but if the "small, sweet courtesies" are the family habit, with a quick perception of the "fitness of things," there will be little difficulty in meeting the requirements of special occasions.

Good breeding is never more apparent than at the table, and if the example of the parents is correct, and they are uniformly courteous and thoughtful, the training of children in good manners will be comparatively easy.

DINNER POINTERS.

A cloth of medium size is best suited to the comfort of the guests.

Provide plenty of rolls or bread. Place two finger rolls tied with narrow ribbon, or a thick, narrow, oblong piece of bread, beside each plate.

At a large dinner two varieties of soup, fish, meat and game may be served in the separate courses, and two varieties of vegetables with all but the first course.

Salads are good form with fish or meat, but a salad course is more formal.

Crackers and olives, cheese, and salted almonds should never be omitted from the menu.

Serve black coffee in tiny cups after the courses are removed, with cut sugar, and, though contrary to the Oriental custom, offer cream, as many Americans desire it.

A few drops of lavender, a leaf of rose geranium or a sprig of lavender gives sweetness to the water in the finger bowls. These should be placed before each guest between the heavier and lighter courses, and after the fruit is served. The bowl should rest upon a doily on a dainty plate.

The hostess may serve the soup and the salad, and the host may carve the joints or dishes, if the number of guests is not large, or all the courses and dishes may be served from outside.

DOMESTICS.

One of the perplexing problems with which American society has to deal is the management of domestic help. This problem, embarrassing enough at the start, has grown more complex with the increase of the population and the wealth of the country. It has come to be a stated thing that employers are seeking new supplies of help every few weeks, and the help just relieved are seeking new places. Both have, or think they have, good and sufficient grounds for dissatisfaction. If we hear the employer's side of the story only, we are in danger of thinking the majority of girls insolent and incompetent; but the girl will tell a different story. The mistress is petulant, exacting, and refuses to be pleased, though never so well served. The conclusion the girl comes to is that the lady knows nothing about housekeeping, cannot tell whether the work is properly done or not, and "just likes to find fault."

Both are right in some respects and wrong in others. The trouble began when one, maid or mistress, became irritated by something not harmonious in the tone or manner of the other, and instantly there was war between them, though the spoken words were few. There being no bond of sympathy between them they are sure to misunderstand and misjudge each other. It will be a great thing when the true source of the trouble is discovered and a way found for its correction.

Let us take a modern mansion of the ideal type. There is a large family of various ages and of different tastes and requirements, all helping to make more complex the household arrangements and family government. The wife and mother is fully equipped for her duties. In her young womanhood she received thorough training in housekeeping, and now in middle life practical housekeeping is not an experiment with her, but a business which it is an honor to her to make successful. Every detail is so under her control that she is able to make the domestic machinery move like clockwork. When new help is engaged, there is no chance for any erratic side play. The girl finds that there is a manager at the head of affairs, and that she has been hired to carry forward her employer's long-established plans and usages,

and must fall in with the rules laid down for her or she cannot retain her place. The mistress, knowing how tiresome are the many little chores that must be done about the house in a day, will be merciful and sympathize with her help in a way to make her feel she has a friend in her. The probability is the girl will repay her kindly interest twice over by striving to improve herself in every particular in which she has been found deficient.

If mothers and guardians, who have girls under their care, would see to it that they are thoroughly trained in the methods of good housekeeping in all its departments, the next generation would hear less about the "great American puzzle." No man of business would think of running a manufacturing establishment with everything going hap-hazard, some employees knowing something about the work, others knowing little or nothing, and the manager as inexperienced as any of them.

What shall be done towards solving the vexed problem for us? Every woman may answer this for herself, by beginning to remedy the evils as far as possible in her own family. In engaging a new domestic there should be the utmost frankness, leaving nothing to be inferred, and running no risk of wrong conclusions being drawn from her words. The girl should be fully informed as to what she is expected to do and what privileges will be granted her. When the specified time comes in which she is to be paid, be sure to have the money ready for her. Nothing discourages a girl more than to have her payments deferred from time to time. She will lose faith in her employer's honesty.

Above all, the utmost kindness should be shown at all times, and the mistress of the house should ever remember that "He that ruleth his spirit is better than he that taketh a city." Praise should never be withheld when the girl does well, and when she fails to do well, reproof may be so tempered with gentleness and love that the wrong will not be repeated. Never to find fault at the time an error is committed, if in the least irritated or annoyed, is an invaluable rule. A quiet talk after all feeling has subsided will do wonders towards reform, while a sharp and bitter rebuke would only provoke further disobedience. If a piece of work is

done improperly, take some suitable time to have it done correctly, again and again if necessary.

Give domestics all the privileges possible, and when obliged to deprive them of an accustomed indulgence, make it up soon in some other way. Try to imagine yourself shut up to one continual round of monotonous tasks, for the most part in a hot kitchen, with no pleasure to look forward to but an occasional half-day off. Would not the loss of even one half-day's outing make life seem more dreary than ever to you?

It is especially important and right to respect religious and conscientious scruples, no matter how misguided they may seem. To cherish whatever beliefs one pleases is an unalienable right, not less for the servant girl than for the mistress of the mansion.

To care for the comfort and attractiveness of the servant's room is also a duty which every generous mistress will cheerfully undertake. The girl who is tucked away in a gloomy attic, unfinished, uncarpeted, and uncurtained, with the hardest bed and the meanest bedclothing in the house, will have little respect for her mistress, and will throw out hints to other girls which will have their effect when the lady wishes to hire a new domestic.

The way to keep really good girls is to win them into sympathy and attachment to the family, so that they will regard themselves a part of it and identified with its fortunes. To do this, the mistress must respect her maid as a sensitive woman like herself, and not class her as a mere drudge of an inferior order of creation. She must recognize the fact that character, and not station or wealth, makes the lady, and that it is possible for those who serve to respect themselves. She should let her servant see that she does not consider her work degrading but honorable, and try to make her regard it in the same light. By the cultivation of such amenities as these, the house may really be made a home for the domestic as well as for the family, and the lady who has accomplished this may congratulate herself on having escaped the most perplexing ills of the life of the American housewife who depends on hired help. In her efforts to bring about such a result she may confidently count on meeting many cases of incompetence, stu-

pidity, and even ingratitude, but the work is in the right direction, and if it fails of complete success, it cannot be wholly without good results.

The lady who has these ends in view will see that her children also deport themselves in a respectful manner toward the "stranger within the gates." To permit her children to insult and annoy the attendants is to destroy her own influence over them, and work such injury in the hearts of the children themselves as will bear bitter fruit for them in after life.

HINTS TO DOMESTICS.

It may not be out of place to say a few words kindly to the young girl who finds it expedient to go from home to do family service. It is very natural for you to feel timid and lonely after leaving the paternal roof and making your home among strangers. The feeling of timidity, however, will soon pass away, and the loneliness also, if you have found a home with well-disposed people (and the majority of people who hire help are disposed to be kind). If they find you neat in your person, polite and respectful in your manners, there is no danger but they will respect you and feel an interest in you.

When you enter a family you come into close companionship with its members, and it will conduce to your own happiness as well as theirs if you resolve at once to make their interests yours. Remember it is possible for you to be as ladylike in your position as your mistress is in hers. If there is a plan by which she likes to have her work done, she will consider you of a very winning disposition if you consult her about it and try to carry out its details to the best of your ability. If you know a better way do not speak of it at first, but after you have won her confidence you can pleasantly say you have seen this piece of work done thus and so. Possibly she may fall in with your thought, and then you have strengthened the bond of sympathy between you. You have seen ill-cared-for machinery, perhaps, where the bearings scraped, squeaked and thumped along as if coming to pieces; but when the workman poured oil into every place where oil could do any good,

how smoothly everything began to move, and with what pleasure you watched every part noiselessly performing its task! Many households would run with the most nerve-destroying friction were it not that someone applied the oil of some mollifying grace, such as cheerfulness or helpfulness. If you could be a messenger of peace in some distracted family, the honor to you in the sight of God would be greater than if you had won a battle. This is not impossible for you, if occasion offers, providing you have tact and an earnest desire to be helpful in the family of which you are a part.

If you have not been trained in habits of economy, it would be well to study the best ways of saving food and anything that comes within your province for disposal. Your employers will feel they have a treasure in you, if they know you never waste anything. When you find a place among good people, try to remain as long as they like to have you. It is a strong recommendation for a girl to have remained years with one family.

When you receive your wages put as much in the savings bank as you can spare. Have comfortable, decent clothing, but nothing glaring or gewgawish. If there is some pretty thing you at first thought you would like, take a second thought and see if you really need it. If not, it is wiser not to buy it, as you do not wish to be burdened with the possession of articles that do you no good.

If you go to church in the evening, or visit a friend, make it a point to be at home by ten o'clock at the latest. A girl can have no better praise than that she never cares to be out late at night. Above all, guard your good name with the strictest care. Do not stay a day in a place where you can see the least shadow of danger, and have no acquaintance with anyone whose behavior and reputation are not of the best.

When you find your life to be in accordance with these rules you will feel that you have attained a dignity in your position which will be a source of great satisfaction to you.

FUEL.

In all cold climates the question "How shall sufficient warmth be provided in winter with the least outlay of funds?" commands the attention of every prudent householder. All seek the best and most economical way, and plans are many and comprehensive. In modern houses steam and hot water are taking the place of hot-air furnaces, and are better in most respects. The heat is more evenly distributed and the expense is less. In such houses the family cooking may be done on a gas range, or gasoline stove, with little trouble.

It is difficult to touch every phase of the question so as to suit all localities, as the supply of easily obtainable fuel differs. Near sawmills the edgings and trimmings of logs can be had at a reasonable rate. The best way is to buy green mill-wood in summer and pile it in the yard loosely, as children build cob-houses. It will dry in a few weeks, and should then be transferred to the woodshed. Do not buy dry mill-wood in winter as it may be one or more years old, and most of its heating properties oxidized out of it, and it costs twice as much as green wood in summer.

If a fire is wanted through the night, and coal cannot be afforded, a cord or two of hard wood should be provided in the fall and prepared for use, by sawing and splitting to the exact size suited to the stove in which it is to be burned. Coal is usually cheaper in cities than hard wood, and more satisfactory.

The quantity of combustible matter in fuel, if weight and other conditions are equal, is indicated by the amount of ashes or non-combustible matter remaining. The heating power of fuel is dependent partly on this. Fuel is valuable for various purposes in proportion to the flame it produces. A blaze is of great service when heat is to be applied to a large surface; but where an even or lasting heat is required, a more solid fuel is to be preferred.

A few words on the comparative value of different kinds of wood and how to buy it, may be helpful. A cord of wood is one hundred and twenty-eight cubic feet; the sticks are cut four feet long and placed in a pile four feet high and eight feet long. Wood cut to stove length, eighteen or twenty inches, is sometimes sold

as a cord, when only eight feet long, four feet high and as wide as the sticks are long, but it is not, of course, really a cord. The fair way to sell fuel would be by weight, and when weights are equal the wood containing the most hydrogen will produce the most heat. Thus, one hundred pounds of dry pine are worth more as fuel than the same number of pounds of dry oak. Green wood can never be economically used, as it contains about twenty-five per cent. water, which must be evaporated, and the heat required to evaporate this sap is wasted. We give below a table, in which shell-bark hickory is made the standard of comparison, rated at 100 in value and 1,000 in weight, and the weights of other varieties show their comparative value, which may be readily estimated in dollars and cents. For instance, if hickory is worth \$6.00 per cord, the proper value of white oak would be \$4.86, for as 100 (hickory) is to \$6.00, so is .81 to the value of white oak, \$4.86. Wood cut from the body of a mature tree is best.

woods.	Comparative Weight.	Weight per Cord.	Comp. Value.
Shell-bark Hickory.....	1000	4469	100
White Walnut.....	949	4241	95
White Oak.....	855	3821	81
White Ash.....	722	3450	77
Scrub Oak.....	747	3339	73
Red Oak.....	728	3255	69
Black Walnut.....	681	3044	65
White Beech.....	724	3236	65
Yellow Oak.....	653	2916	60
Sugar Maple.....	644	2878	60
White Elm.....	580	3592	58
Yellow-pine.....	551	2463	54
Sycamore.....	535	2391	52
Chestnut.....	522	2233	52
Poplar.....	563	2516	52
Pitch-pine.....	426	1904	43
White-pine.....	418	1868	42
Lombardy Poplar.....	397	1774	40

The various qualities of bituminous, or soft coal, and anthracite coal, as sold in different markets, make it impossible to give any accurate comparison of values. Measured by pounds, if anthracite is made the standard at 250, seasoned oak ranks 125, or one-half in value; hickory, 137; white pine, 137; yellow pine, 145;

coke, 285 ; while the bituminous coals vary from 188 to 248. The objection to soft coal is the dust that arises from it, and the unpleasant smell of the gases in combustion. Soft coal from different mines varies in quality, and it will be easy to learn the best varieties in the local market. Soft coal ignites more readily than hard, and requires less kindling wood, but it burns out much quicker and gives the housewife far more trouble and vexation, as the smoke not only blackens cooking utensils, but settles on hands, face, and clothing, so as to require double the amount of washing needed when other fuel is used.

Hard coal is not good if it has flat, dull-looking pieces in it; they will remain hard, heavy and whitish when burned. If, in a scuttle of coal weighing twenty-five pounds, a half pound of these pieces is found, the coal is inferior. Coal is pronounced good if it breaks at right angles firmly and with a bright fracture. If it shatters or is full of dull pieces, it is poor. Few understand the difference in hard coal because they have not investigated the matter. Experience, with careful observation, will soon enable an intelligent person to see the difference between good and bad coal, and learn the best and most economical ways of using it. Someone has said, "You may burn coal five years and still have something to learn about it," which is true unless you apply yourself diligently to master the subject sooner.

Stove coal is not suitable for use in a common cooking stove; it requires a strong draft and burns at a very high heat. Nut-coal is best for this purpose, and it beds down into a mass of red-hot coals; for hours keeping up an even heat fully sufficient for all culinary purposes. For a common base-burner, mix the best stove and nut coal in equal parts. With a good self-feeding heater and proper management this makes a fire that will heat two or three rooms of ordinary size if the house is well built. It is no economy to buy a poor quality of coal even if it is seventy-five cents on a dollar per ton cheaper than the best, but it is not easy to get good coal even after it is ordered and paid for. In these proverbially degenerate days one must know what good coal is on sight; then when coal is expected to arrive, be on hand to examine it be-

fore a single shovelful is put into the bin ; and stay to see if the last of the load is as good as what was on top. When it is known at the coal yard and in the office that a trained eye is to scan every ton, and every part of a ton, your purchase will turn out satisfactorily, and not otherwise in nine cases out of ten.

The Scientific American says a good bright fire can be steadily maintained with coal, with less trouble than with any other kind of fuel, but not by raking, poking, and piling in green fuel continually. After breakfast the fire should be cleared of ashes, if there are any, and fresh fuel put on to fill the grates moderately. Let the oven damper be turned up so as to heat it, and leave the small top door open, more or less, according to the intensity of heat required. In this way air enters over the top of the fire, and maintains a far better combustion, and consequently greater heat than when the draft-dampers are thrown down. A washing can be done, or ironing accomplished, with one-third less coal than is generally thought necessary to use.

There is great waste in throwing away half-burned coal under the supposition that it is cinders. One who has experimented with coal for twenty years, both in the house and under the boiler, writes : "In cleaning the grate in the morning you will find there is a quantity of unburned coal, which has been externally subjected to combustion. It is covered with ashes, and looks, to the inexperienced eye, like cinders. It is often relentlessly dumped into the ash-box. The fact, in many cases, is that the lump is only roasted on the outside, not even coked, and is in a better condition for igniting than the fresh coal. We have stated that coal is a condensed form of carbon. The superficially burned lumps, found in our grates or among our ashes, sufficiently prove this. Take a lump of anthracite coal from the fire, red-hot and all alive, throw it into water until the ashes are washed from it, and it is black externally and cool. Take it out, and break it open, and it will be red-hot and glowing inside. This shows that time and a plentiful supply of air are necessary to burn coal, and that large amounts of what we call ashes and cinders are really excellent fuel. To prove this fact, let anyone carefully sift the ashes, throw-

ing out the inevitable slate, which can be readily detected, and start the coal fire on wood or charcoal, kindling it with the savings. A good bed of incandescent coal will be formed sooner than with green coal on the kindlings. Never, whether rich or poor, suffer cinders or unburned bits of coal to be wasted in the ash-barrel. Measure for measure they are worth more than coal. Save them, soak them, and try them. Water renovates the coke, and wet cinders upon a hot coal-fire will make it hotter, and keep it so longer than fresh coal. Saving cinders is not meanness, it is economy." If the coal fire is low, throw on a tablespoon of salt and it will help it greatly.

Bog peat might be made available as a fuel in places where neither wood nor coal can be readily obtained. The marshes, which everywhere abound in the western states, are rich in beds of peat that might be prepared for use with but little trouble or expense to the consumer. While peat emits a rather disagreeable odor when burning, it makes a good, lasting fire, which is more than can be said of the twisted fagots of hay that so long served as fuel in treeless portions of the west. To procure peat for fuel the marsh should first be drained; when dry enough to work, the top must be pared off with a sharp spade, to the depth of six inches or more, to remove the coarse, undecomposed vegetable matter. Cut the peat into pieces about the size of bricks with a long, narrow, sharp spade. Carry them to a convenient place and set on end to dry. Where rains are frequent, a shed must be provided or the drying process will be greatly retarded; and peat, if in the least damp, will not burn readily. If all conditions are favorable, peat cut in the spring will be dried and ready for use before winter.

Several farmers might club together after seeding is over and prepare the peat necessary for a year's fuel for all. Peat will burn very well in a common cooking stove if a good draft can be had, but it must be fully dry. The fire can be kept smouldering through the night by covering it with a layer of ashes.

CLINKERS.—They may be removed from grates or the back of the range by throwing half a dozen broken oyster shells into the

fire when the coal is aglow, and covering them with fresh coal. When red hot the clinkers become doughy, and are easily removed.

TO KINDLE A COAL FIRE.—Hard coal will not ignite until it is thoroughly heated through, and as small coal will not require as much wood to heat it as large, it is important, where the supply of kindling wood is limited, that the pieces of coal which touch the wood should be small. The coal for kindling should be as small as a pigeon's egg; it is called "chestnut coal" by the dealers, and the wood may be broken up into splinters not more than three or four inches long and the size of the little finger; they can be laid more compactly so, and the heat be more concentrated on a given point of coal, the sooner heating it through.

Put a handful of shavings or paper in a grate compactly, with splinters of dry wood and a layer of pieces of wood somewhat larger than the splinters; apply a match to the kindling, and while it is catching put on some of the small coal; it will ignite and redden with great rapidity and certainty; now add another layer or two of chestnut coal, and in a few minutes, when this seems well ignited, some of the larger coal. With care there need not be a failure during the winter in having a good fire in a short time. To lessen a coal fire, press it from the top so as to make the mass more compact, giving less room for air. To revive it lay on small pieces carefully; put on the blower, and when red add larger pieces and riddle out from below. Heaping on more coal or letting out ashes from below will certainly put out a low coal fire. These directions will apply as well in making a fire in a base-burner as in a fireplace or grate.

A GOOD FIRE KINDLER.—Melt together three pounds resin and a quart of tar, stir in as much sawdust and pulverized charcoal as possible, and spread the mass on a board to cool. When cold, break into lumps the size of a walnut. Light one with a match and it burns for some time with a strong blaze.

THE ICE-HOUSE.

Ice, the great luxury of summer, has become a necessity, and though the cities seem to have an advantage because of the quantity stored for general use, yet it is so easily put up and protected,

even in the country, there is no reason why anyone who owns or rents a house may not have a good supply. A good, cheap ice-house may be built for from thirty to fifty dollars, and need not be constructed wholly or in part under ground. Where it is imperative to economize, a space twelve or fifteen feet square can be partitioned off in the barn or wood-house. The roof must be tight but it will not be necessary to use matched lumber for the walls. A coat of coal-tar should be laid on inside, as the moisture will cause decay. The house should always be kept closed, as the drier it is, and the less circulation of air, the better the ice will keep.

The best time to cut ice is on a sharp, cold day in early winter, as it will keep much better through the long, hot summer than if packed in late winter or early spring. Cut the ice from running streams or clear ponds and have the blocks uniform in size. Place sawdust a foot thick under the first layer of ice, leaving a space a foot wide between the ice and the wall, in which pack sawdust, filling every crevice. When the ice is all in, cover with sawdust a foot deep at least. Sometimes chaff, or fine cut straw, is substituted for the sawdust.

An ice-pick or saw can be obtained in almost any village for the purpose of cutting ice. An old cross-cut saw is sometimes used, and answers very well.

THE KITCHEN.

As the whole household is dependent upon the kitchen for much of its comfort, this part of the house should be convenient, well stocked with proper utensils, and conveniences, and well managed. One who has been into the cook's department of a well-ordered ship, will have some idea how it is possible to have a snug, orderly, well-stocked kitchen, in a very small space. A ship's cook, though confined to a small room, is not stinted in matter of shelves, drawers, hooks, and boxes; and papers of sugar, rice, and other groceries are never seen, as boxes, baskets, tin containers, and drawers, each with close covers plainly marked, hold these, as well as many of the kitchen and dining-room utensils.

Carry out this idea in the ordinary kitchen. Boxes and buckets should be of hard wood, and the covers tight fitting; tin canisters, tin cake and bread boxes, and stone jars should be fitted with covers that will fasten down; drawers intended for spices, sweet herbs, meals, flours, and cereals should have covers that will fit closely on the inside, having a ring in the center to use in lifting, that may be laid flat when the drawer is closed. This is rendered necessary because of the continued heat in the kitchen which acts upon the drawer, causing it to shrink, so that the contents are exposed to dust, insects, steam and odors. There should be, in connection with the kitchen, and also opening into the dining-room, a pantry fitted with cupboards, shelves, drawers, etc., and so arranged that it can be shut closely from either room. The cellar stairs, too, should go down from here, giving the benefit of a cellar closet, out of the pantry, for food that needs the additional coolness. A refrigerator, or a refrigerator closet, should have its place in the pantry; it will save a great many steps.

If one cannot have a pantry, the kitchen must be supplied with a movable screen to shut off the heat of the range from the places where flour and groceries are kept, and, in any case, there must be plenty of windows, well screened, that will open both at top and bottom. The kitchen should be ceiled, and have a close, hard-wood floor. The ceiling should be oiled thoroughly, as it is the more easily cleaned, and repels odors better; and the floor should be oiled at least twice a year.

There is no economy in the purchase of a small refrigerator, or range. The refrigerator should be as large as there is space for it and not be crowded, that it may hold a two-month's supply of butter and eggs, if necessary; and the range should be a No. 6, only a very large family will require a No. 8. The range should be supplied with at least three kettles, two of which should be porcelain-lined, a tea-kettle, a spيدر and frying-pan, coffee, tea, and chocolate pots, two baking pans, a covered baker, cake, biscuit, pie, and bread pans, gem and waffle irons, griddle, toaster, steamer, tongs, shovel, long red clover, at least three saffrons, wash-bowls, and a plentiful supply of those covers of all sizes. There should be several basins of different sizes, and a double

cooker for oatmeal, oysters, etc. Several sizes of these are convenient to have. The range should have a hot-water tank at the back, a shelf, or warm oven over it, and swinging shelves to keep food hot. The water and wood, or coal, should have a place near the stove, and a piece of hose that may be screwed to the water faucet will be found labor saving in filling tank, kettles, or boiler.

The sink should be near the stove, and be well supplied with water and drainage, if possible having a hot-water faucet, beneath it a cupboard for kettles, spider, bakers, etc. The kitchen sink needs a window, but far enough up not to take the splash of the water, and it needs the full light of day turned on it, at least three times a week. It should be stocked with a plentiful supply of soap, soda, sapolio, copperas, and brushes; and should be made clean, and allowed to dry after every dishwashing. If of wood, it should be kept well painted. If of iron, it may be washed once a week in kerosene, which will make it throw off the water, and prevent rusting. The drain should be scalded after each dishwashing, and the strainer kept clean. On no account should crumbs or grease be allowed to go into it. Twice a week put down a handful of copperas. The sink should be scrubbed daily with clean, hot soapsuds, and a brush, and wiped dry with a cloth kept for the purpose. The habit of wiping up a dirty sink with a dishcloth, is not to be tolerated.

At least three dishcloths should be kept for the dishwashing, and in no case put away wet, but each time wash and carefully dry. There is death concealed in a dirty, wet dishcloth, and this often is the cause of fevers or cholera in hot weather. Have a plentiful supply of wipers, and never use them when dirty. Do not use the same dishcloths for iron, nor for milk pails, that are used for table dishes. Milk will catch a taint from an impure cloth, or from having vessels washed in impure water. Have plenty of hooks near the sink for hanging the spoons, skimmers and ladles used about the stove, and for dippers, sponges, brushes, etc., used about the sink. Hang up the dishpans and kitchen wash dish. Have a place where the broom can hang, as it is more out of the way, and lasts longer than if lying around.

Let the window sill be broad in the kitchen, and, if it be sunny, a geranium or two will thrive there; arrange a flower bed or a flower box on the outside. Kitchens are too apt to lack a place for rest, and a cheerful bit of brightness. Have one chair, and a low rocking chair, where one can drop down and rest while watching some nice process of cooking.

After the range and sink, the most important part of the furnishing is the kitchen table. Have it carpenter-made about five feet long, and three wide, with a plain, unpainted top, and an ironing-board that can be doubled up and pushed back into it, made under the top. Beneath this should be two deep drawers, and, on the ends, several smaller ones. The deep drawers may hold the sadirons, ironing sheets and holder, spermaceti, the pieces of linen useful in ironing, and, if large enough, the starch. The smaller drawers should contain strings, paper bags, new corks of various sizes, little sharp knives and can-openers, with two or three clean bottles.

At the top of the kitchen there should be a good-sized ventilator. If the kitchen is built, as is often the case, in a one-story addition to the house, this is easily managed by a roof window, that a cord will open and close. If not, a large tube should go up along the chimney to carry out the heat and odors at the top. A heat stroke, in the kitchen, is fully as dangerous as a sunstroke in the street, and very nearly as frequent, were it only called by the right name.

If there is no pantry, end cupboards must be arranged in the kitchen; let the dining-room cupboard open into the kitchen as well, and thus save steps. The kitchen cupboard should extend from floor to ceiling, and avoid places for dust and clutter, at top or bottom. The under part may be separate, and hold the tin and porcelain ware; and the upper part may be divided, one section holding cereals, tea, coffee, dried fruits, boxes of spice, flavorings, seasonings, etc., and the necessary kitchen dishes, with plainly marked boxes for knives, forks and spoons. The flour and sugar boxes should stand on one side of the cupboard, and the moulding board hang on it or lie on a shelf above. Leave room enough

under the lower shelf of the cupboard for jugs of vinegar and syrup.

The secret of a clean kitchen is to have a place for every article and keep it there when not in use. The daily care does not interfere with a special inspection of kitchen and pantry at least twice a week to see that every corner is sweet and clean, and nothing allowed to waste through lack of care. The odors that come from some kitchens are anything but agreeable. Strong odors of the person, which are increased by the heat of the stove, may be corrected by frequent bathing and the daily use of carbolic acid and ammonia in the water.

The kitchen should be well supplied with dish, hand and roller towels. A soiled towel and a soiled apron are inexcusable in a cook, as is the practice of using the towel, the dishwiper or the apron for lifting dishes from the stove. Have plenty of holders, and keep them clean. Newspapers are valuable for cleaning the stove, wiping out greasy dishes before putting them into water, covering shelves, using under the flat-iron stand, and many other purposes. Cultivate the habit of saving and using newspapers and they will save much washing and scrubbing.

Burn bones and all kinds of rubbish and eggshells, onion and turnip peelings, but other peelings, vegetables, pieces of bread, fruits, etc., usually thrown on the garbage pile, may be saved in a basket and given to some cow; otherwise dry and burn.

Throw the dishwater away from the house, if there is no sewer, and pour the washing water on the trees and grass. Never allow slops to stand, either in a pail or on the ground; with a little care, everything of the kind may be avoided.

Keep the range clean by washing or brushing every day, for a dirty stove makes the kitchen look untidy. Insist on system and cleanliness in the kitchen, but see that the latter is not obtained by extravagance in throwing away food that might be utilized for another meal or by lack of judgment in taking care of small quantities of food. The old proverb, varied, applies here: Take care of the littles and the large amounts will last the longer. ●

AMMONIA.—Useful in taking out old stains, softening hard water, washing grease from dishes or clothes, counteracting the

poison of bee stings, bites of insects, and allaying the pain of burns.

ALUM WATER.—Apply it strong and hot to every place where there are insects or vermin and it will kill them.

ANTS.—Wash the shelves where they congregate with strong alum water, and scatter sprigs of sweet fern, pennyroyal, or pieces of alum there.

BARRELS.—They are better for apples than boxes, and may be used in moving to pack dishes, as they are easily handled.

BORAX.—It is excellent in washing clothes, dishes and hands. Keep a bottle of strong solution on the sink for general use.

BOXES.—Those built into the pantry or kitchen, for flour, meal or sugar, should be emptied occasionally, scalded, and well dried before using. An inside cover, half an inch below the top, ensures safety from ants and meal worms.

BREAD AND CAKE.—Keep in a close-covered tin box, or stone jar.

BROOMS.—Dip them, when first bought, into boiling water. Shake well and dry. Hang them up and keep the old ones for kitchen, porch, shed, and sidewalk.

BURNS.—Wet a soft cloth in strong soapsuds, sprinkle thickly with soda and bind on the affected part.

CABBAGE.—If cooked in an open vessel no odor will arise, as that is caused by the generation of gas when closely covered.

CEMENT.—Mix the well-beaten white of an egg with plaster of Paris, and use for lamps, loosened knife-handles, and china. Or, use a thick paste of quicklime. Gum arabic strengthens the paste. Use plaster of Paris mixed with water for mending broken places in plastering.

CHARCOAL.—It is excellent for preserving meat and poultry. If meat is a little strong the taint may be removed by placing charcoal about it. Two or three pieces in the kettle where corned beef or cabbage is cooked will prevent much of the strong odor. Keep a piece in the refrigerator. A lump suspended in the sleeping or sick-room will absorb disagreeable odors.

CLINKERS.—To remove them, burn oyster shells on them, with fresh coal.

COFFEE AND TEA.—Keep them in tin canisters with tight covers.

Coffee thrown on the stove, or coals, to smoke will often kill bad odors. Boil wood ashes in coffee or tea-pots to clean them.

CORKS.—Throw them into hot water before using. Keep a variety of sizes on hand. They are as valuable in mouseholes as in jugs.

FLOUR SACKS.—Use them for dishwipers, piece bags, stocking bags and soiled-clothes bags. Keep the table linen and fine pieces in one bag, and the coarser articles in another; but everything must be fully dry before putting away for the wash.

GLASS JARS AND TUMBLERS.—They will not crack when filled with hot water or fruit if they stand upon a wet cloth.

JAR COVERS.—Brush a paper with boiled linseed oil, and dry. It will be waterproof.

KETTLES.—Clean brass ones with vinegar and salt, and wash them thoroughly; iron kettles are cleaned by boiling hay and potatoes in them and then scouring and washing; boil wood ashes in porcelain-lined ones. Keep an oyster shell in teakettles to attract any lime in the water, and tin kettles may be kept bright by rubbing with a flannel dipped in kerosene.

KNIVES.—Rub with a cork dipped in powdered brick-dust. If rusty, cover with sweet oil. After forty-eight hours, rub with finely-powdered slacked lime until the rust disappears.

LEMONS AND ORANGES.—Keep lemons in cold water, changing it once a week. Roll oranges in soft paper and keep them in a drawer.

ONIONS.—To remove the odor from tin or iron dishes, turn them over a hot fire.

POLISH.—For iron, steel or tin, apply flour of emery on a damp cloth, and rub with a newspaper till bright. For silver, dissolve whiting in equal parts of ammonia and alcohol.

TINWARE.—It will not rust if rubbed with lard and heated hot in the oven.

WALNUTS.—If too dry, let them stand in milk and water eight hours; dry them, and they will be as fresh as new ones.

WATER.—If boiled in galvanized iron it becomes poisonous, and cold water passed through zinc-lined iron pipes should never

be used for cooking or drinking. Hot water for cooking should never be taken from hot-water pipes : take from cold-water pipes, and keep a supply, heated for use in kettles.

THE LAUNDRY.

The family washing should be done the first of the week, if possible. Have a receptacle for dirty clothes other than the clothes basket. A covered willow hamper, or a coffee sack, hung in a convenient place, will answer. All clothing worn on the person should be aired before putting in the hamper : never put in wet articles as they may mildew.

Clothes to be starched should be mended before washing : but if this cannot be done, dry and mend them before starching and ironing. Soft water is best, but if obliged to use hard, cleanse it with washing-soda, and heat the water to get a quick action of the soda. Experience will teach how much soda is required, as well-water varies in degrees of hardness ; sometimes only a teaspoonful is needed for a pail of water. A barrel may be filled with hard water and cleansed with lye made from half a peck or more of hard-wood ashes. Ashes from soft wood or coal will not answer. Use only sufficient lye, or soda, to clear the water, or it will affect the hands unpleasantly. Unless enough lye is used the water will look milky and the clothes will be yellow.

Sort the clothes, separating the finer and less soiled from the others. Remove coffee and fruit stains before they have been wet, by stretching the stained parts over a bowl and pouring boiling well^e water through them until they disappear. Have the water in the tub but little more than lukewarm, as very hot water makes the clothes harder to wash, unless they have soaked some time in cold water. Wash the finest and least soiled through two waters, and put them into a boiler of cold water with soap enough to make suds ; do not use too much soap or the clothes will be yellow. A handful of borax to ten gallons of water helps to whiten the clothes, and is used by many, especially the Hollanders, who are famous for their snowy linen. It saves in soap nearly half, but need not be used if the water is cleansed with either lye or soda. Borax alone will soften the hardest water. An extra quantity of

the powder is needed for laces and cambrics ; and for stiff articles a strong solution is necessary. Borax being a neutral salt does not in the least injure the texture of the finest linen. Some throw a handful of tansy in the boiler ; it makes the water greenish but whitens the clothes.

Many prefer not to boil clothes at all, but scalding five or ten minutes is beneficial. Remove them to a tub, pour over cold soft water and wash well, turning every garment wrong side out. Rinse in two waters, using bluing in the last. It is not a good plan to use well water, as it is difficult to blue evenly in hard water. If soft water is scarce, one had better put the bluing in the rinse water and dispense with the second rinsing. Also, one washing before scalding will do very well where strength, time and soft water are not abundant. Use a good wringer, for much of the clearness of the clothes depends on the suds-water being wrung out of them. If there are several boilers full of clothes, a skilful washer will manage to have the first hung out while the rest are under way.

Put the things to be starched by themselves ; make the starch according to the recipes given, and use as hot as the hand can bear. Dip in the articles and parts of articles requiring to be very stiff, and rub the starch well in with the hands, or clap them. Thin the starch for articles which require less stiffening. Shake each article free from wrinkles, and fasten securely and evenly on the line. Have the line in the cleanest, airiest place in the yard, if in the country or village, but if in a large city, unless far removed from smoke and cinders, an attic is a better place to hang clothes, in summer as well as winter. Freezing injures starch, and it is therefore better in winter to dry the clothes before starching, then starch and dry them in the house.

Keep clothespins in a basket or bag. A great convenience is a stout apron with large pockets into which the pins can be quickly thrust when taking down the clothes, and it is a still greater convenience when hanging them up. As soon as the clothes are taken in, take down the line, roll it up and put it away in a place secure from dust. It is important that the line and pins should be kept

clean, or they will soil the clothes when next used. The practice of leaving clothes out for hours after they are dry, and the line for days, is a very careless one. White flannel mittens will protect the hands when hanging out clothes in winter; they may be kept in the bag with the pins.

In folding the clothes for ironing, turn all garments right side out, sprinkle and roll up as smoothly as may be, and place in the basket; fold sheets evenly without sprinkling and lay on top, and over all spread the ironing blanket. Begin the ironing with the sheets and take the rest as they come, reserving the shirts, collars, and things requiring to be very stiff, to be dipped in cold starch. Take one teaspoonful of elastic starch to each shirt; pour on lukewarm water, stir well and add a little bluing. Dip the bosoms and collars in this, roll them up tightly and leave twenty or thirty minutes. Three shirts are about all that can be ironed before they become too dry to iron nicely, so it is better to leave some to be dipped when the first lot are nearly finished. A good ironing-board is a necessity in every family, as the practice of ironing on a table is bad. The table warps with the heat of the irons, and becomes too uneven for good work.

A bosom-board should also be provided. Take a piece of hardwood board, an inch thick, eighteen inches long and eight inches wide, cover with two thicknesses of white woolen blanket stuff, and overlay with two more of cotton cloth. Wrap the cloth over the sides and ends and tack on the under side, leaving the upper surface smooth and even. Cover the ironing board in the same way. This should be an inch thick, five feet long, and two feet wide at one end and at the middle, tapering to seven inches at the other end. The corners should be rounded off. The board may be of any well-seasoned wood that will not warp. Cotton holders are better than woolen ones as they are cooler to the hand.

In ironing a shirt, carefully observe the following rules: Begin with the back of the shirt and the shoulders, then-iron the sleeves, the neckband, wristbands, and lastly the bosom. Rub the surface with a bit of clean linen, slightly moistened, to remove any surplus starch that may adhere to it. Try the iron so as to be sure

not to scorch the linen; lay over the bosom a piece of thin muslin and pass the iron over it, remove and proceed to iron the bosom with care. The irons should be perfectly smooth and free from any bits of starch which often adhere to them in ironing starched clothes. In polishing, an iron made especially for it is used, and a hard-wood board without cloth over it is placed under the bosom. Much strength is required to polish well, and it is a question whether a woman who does the work for her family can afford to spend her valuable time and strength producing an effect which passes away with the first souse in the washtub. If it must be done, let the machinery of the laundries, which run by steam, take the brunt of it. No man can afford to be fine at the expense of the health of his wife; and it is to be sincerely hoped that the time is past when women will offer their necks to this wheel of Juggernaut because they "like to have things just so."

Muslin or lace should be pulled out carefully, ironed once, then pulled into shape and gone over again. Embroideries should be ironed on the wrong side over flannel. Have at hand a dish of clean, cold water, so that any place imperfectly ironed may be dampened and ironed again. Hang each article on the clothes dryer as soon as finished, and leave twenty-four hours to air thoroughly. Starched clothes retain the starch better if dried quickly. In regard to washing, it may be said further, that if a machine is used it is well to soak the clothes over night in warm, soft water, soaping the parts most soiled. Have separate tubs for coarse and fine clothes. The practice of soaking clothes from Saturday evening till Monday morning has some objectionable features. The soapy water is apt to become foul smelling, and the feeling of wash-day stretches over the best part of three days. In summer, clothes may be washed without fire by soaking over night in soapy water, rubbing out in the morning, soaping again and laying on the grass in the hot sunshine. By the time the last are spread out to bleach the first may be taken up, washed out and rinsed. This, of course, requires a clean lawn.

Calicoes and colored stockings may be washed in the same way, except that no soap should be used in the rinsing. Wash gray

and brown linens in cold water with a little black pepper in it and they will not fade. For bluing, use the best indigo tied in a strong bag made of drilling.

Before washing flannels, shake out the dust and lint; use soft, clean, cold water, in winter merely taking off the chill. Let the hard soap lie in the water, but do not apply it to the clothes. Wash white pieces first, throw articles as fast as washed into blued, cold water, let stand twenty or thirty minutes, wash after dissolving a little soap in the water, wring dry, shake and hang up. If obliged to use the same water for colored flannels, strain it, or the lint will adhere to the pieces and make them look worse than at first. Rinse in several waters if the color is inclined to run. When very dirty the flannels should soak longer, and a little well-dissolved borax be added to the water. This process is good for washing silk goods and embroideries.

Let those who object to cold water for washing flannels make a strong suds of the best laundry soap and soft water, only hot enough to be comfortable to the hand, with a little borax dissolved in it. Put in the white or light flannels first, wash as quickly as possible, without rubbing, but shaking, squeezing, and "sozzling" in the water until clean. Screw the wringer tightly, and as the pieces pass through it, drop them into a little hotter water than was first used, which though soft is made better by a little soap and borax. Rinse and hang out quickly to dry. In cold or damp weather dry them by the fire. Flannels should never be allowed to freeze, and their softness and non-shrinking depends much on the rapidity of drying. It is better to take new water for the darker flannels. Wash flannels before white or colored clothes. They will not only be out of the way and more likely to dry quickly, but the temptation to hurry in washing them, or to put into the suds water, will be avoided. •

Calicoes may be washed in the suds from the white clothes, but do not rub soap on them. It injures both flannels and calicoes. Ordinarily calicoes are rinsed and starched as white clothes.

Do not boil dish towels with the fine white dresses, shirts, tablecloths, sheets, pillowcases, napkins, or fine towels, but be as par-

ticular to have the suds nice and clean. It is better to remove part and add clean cold water, so that the towels may not become yellow by boiling in too strong a suds. Wash thoroughly all that have been used the previous week.

Wooden stocking forms are a great help in drying children's stockings. They may be bought at a furnishing store or made to order.

TO WASH WITH KEROSENE.—Soak white clothes over night, or an hour or two in the morning, in hard water. Fill a No. 9 boiler two-thirds full of soft water. Slice one and one-half bars of soap into a basin of warm water; let it dissolve and come to a boil. Wring the soaked clothes dry. If the water is boiling in the boiler, and the soap ready, pour a little more than half of the liquid into the boiler, and immediately add three tablespoonfuls of kerosene; one tablespoonful of kerosene to one-quarter of a pound of soap is a fair proportion. Shake out the clothes, and put them into the boiler, leaving the coarse articles for the next boiling. Let the clothes boil ten minutes, stirring them almost all the time. If the water looks milky, greasy, or a little scum rises, pour in enough soap water to remove any such appearance. Take the clothes out from the boiler into the tub, and cover them with plenty of fresh water. Dip out part of the water from the boiler, add more hot water, soap and kerosene, and boil the rest of the clothes. Wring the clothes from the suds into plenty of clear water, rinse well, put them through the bluing water, and hang them smoothly upon the lines. Calicoes may be washed in the suds water, as enough of the soap and kerosene remain there to cleanse them well. Rinse, blue, starch, and hang them to dry. Plenty of soap and water with the kerosene, if these directions are followed, will give clear, white clothes with very little of the hard work necessary in rubbing clothes according to the usual manner of washing.

If time and strength are to be saved, be careful to shake out the clothes well, and see that sheets, pillowcases, towels, etc., hang smoothly from the line. When perfectly dry take down the sheets, fold and roll them into a smooth, tight roll, and pin down the

hems. They will be without a wrinkle on the beds, though they may lack the gloss the iron gives. If there is no time to iron pillowcases, treat them in the same way. Take the towels, snap them, fold them in the usual manner, and crease them with an iron. They will take less room on the shelf or in the drawer. Roll the nightgowns like the sheets. It is better to iron tablecloths, napkins, and handkerchiefs, but they look fairly well if rolled like the sheets. Turn, shake, stretch in shape stockings and flannels, and fold them ready for use. The starched clothes alone remain to be ironed. Let busy women try this plan of ironing.

TO WASH BLANKETS.—All that is necessary is an abundance of soft water, and soap made without resin, as it hardens the fibers of wool and should never be used in washing any kind of woollen goods. A little bluing may be used in washing white blankets. They should be shaken and snapped until almost dry, but it will take two persons to handle them. Woolen shawls, and all flannel articles, are much improved by being pressed with a hot iron under damp muslin.

TO WASH FLANNELS IN BOILING WATER.—Make a strong suds of boiling water and soft soap, put in the flannels, pressing them down with the clothes-stick; when cool enough, rub them carefully between the hands, wring as dry as possible, but not with the wringer, shake well and pull each piece into shape; throw immediately into another tub of boiling water thoroughly mixed with nice bluing. Shake them up and down with the stick; rinse well, wring, shake out and pull into shape—the snapping and pulling are as necessary as the washing,—and hang in a sunny place where they will dry quickly

TO WASH FLANNELS IN TEPID WATER.—If ammonia is added to soapsuds made with mild soap, it will prevent the flannel from becoming yellow or shrinking. It is the potash and soda contained in sharp soap which tend to color animal fibers yellow; the shrinking may be partially due to this agency, but above all to the exposure of the flannel, while wet, to the extremes of low or high temperatures. To preserve their softness, flannels should be

washed in tepid water, rinsed in tepid water, and dried rapidly at a moderate heat.

TO WASH LIGHT CAMBRICS AND PRINTS.—Dissolve a tablespoonful of alum in enough lukewarm water to rinse a dress. Dip the dress into it, taking care to wet thoroughly every part of it, and then wring it out. Have warm, not hot, suds ready, and wash the dress quickly; rinse it in cold water. White castile soap is the best for colored cottons. Have the starch ready, cooled a little; rinse the dress in it, wring it out, and hang it wrong side out to dry where the wind will strike it rather than the sun. When dry, iron directly. Prints should never be sprinkled; but, if too dry, they should be ironed under a damp cloth. It is better to wash them when washing and ironing can be done at once.

TO WASH BLACK PRINT OR PERCALE DRESSES WITH WHITE FIGURES.—Put them in the boiling suds, after the other clothes have been removed, and boil ten minutes; cool the suds, rub out quickly, rinse in lukewarm water, then in very blue cold water, and starch in coffee starch. After the dress is dried, dip it into cold water, pass it through the wringer, roll in a coarse towel or sheet and leave two hours, then iron it on the wrong side.

TO WASH LAWN AND MUSLIN DRESSES.—They may be whitened in boiling suds, and bleached on the grass; when done up, they are very pretty and fresh looking. Delicate-hued muslin and cambric dresses may be washed nicely by the following process: Shave half a pound of common hard soap into a gallon of boiling water; let it melt, turn it into a tub of lukewarm water; stir a quart of wheat bran into a second tub of lukewarm water, and have ready a third tub with clear water; put the dress into the first tub of suds, souse it up and down, and squeeze it out; treat it the same way in the bran water; rinse, dry and dip in starch made as for shirts; dry again, and rinse thoroughly in clear water; dry again, and sprinkle with a whisk-broom or sprinkler; roll up in a thick cloth while the irons heat, and iron with them as hot as possible without scorching the dress. By taking a clear day, it is little trouble to do several dresses in a few hours.

TO WASH A SILK DRESS.—Rip apart and shake off the dust; have ready two tubs of warm soft water, make a suds of gall soap

in one tub, and use the other for rinsing ; wash the silk, one piece at a time, in the suds, wring gently, rinse, again wring, shake out, and iron with a hot iron on the wrong side. When half done, throw out the suds and make suds of the rinsing water, using fresh water for rinsing.

TO WASH LIGHT WOOLEN FABRICS.—Borax is one of the most useful articles for softening the water and cleansing the material. Use in the proportion of a tablespoonful to a gallon of water, and, if dissolved in hot water, it makes a better lather. No thoughtful person will wash a woolen dress without first having ripped it apart, picked out all the threads, brushed the dust out, and marked the particularly soiled places by running a thread around them. Wash one piece at a time, roll up and squeeze, or pass through a wringer instead of twisting through the hands. Wash in several changes of borax water, and rinse in clear water, in which a well-beaten egg has been mixed ; shake thoroughly, and fold in sheets until evenly damp all through, then iron the wrong side with an iron hot enough to smooth nicely without scorching.

TO WASH SILK AND THREAD GLOVES.—Wash them on the hands in borax water or white castile soapsuds, as if washing the hands ; rinse under a stream of water, and dry with a towel ; keep on the gloves until they are half dried ; take off carefully, and fold them up to look as nearly like new ones as possible, and lay between clean towels under a weight.

TO WASH GOODS THAT FADE.—Use crude ammonia instead of soap. Soiled neckties may be made to look like new by taking one-half a teaspoonful of ammonia to a cupful of water ; wash well, and, if very much soiled, put through a second water, with less ammonia in it. Lay it on a clean, white cloth, and gently wipe with another until dry.

TO WASH WOOLEN GOODS.—Avoid using soap with resin in it. Dissolve a large tablespoonful of borax in a pint of boiling water. Mix one-quarter of it in the cold water where the goods are to be washed. Use soap if needed. Put in one piece at a time, and add more borax water, if necessary. A little salt may be added to the last rinsing water. Rinse in cold water ; shake well and hang where the clothes will dry quickly. The important thing in

washing flannels is to have all the waters of the same temperature. If the first water is cold or hot, the others must be like it. When partially dry, fold and roll in a damp cloth. They will iron smoothly. To iron heavy woolen goods, as pants, vests, etc.: When dry spread them on an ironing-board, not table, wring a cloth out of clear water and lay it over the article; iron with a hot iron till dry; wet the cloth again and spread it just above the part already ironed, but let it come half an inch or so on that which has been pressed, so that there will be no line to mark where the cloth was moved; continue this till the whole garment has been thoroughly pressed. Care must be exercised to stretch every spot that looks at all "fulled" or shrunk while being pressed under the wet cloth. Bring the outside to fit the linings, as when new, but if not able to do this, rip the lining and trim off to match. All the seams, especially of pants, must be first pressed on a press board; fold the pants as they are found in the tailor's shop, and go over them with the wet cloth and hot iron.

TO WASH SILK HANDKERCHIEFS.—Lay them on a smooth board, and rub with the palm of the hand. Use either borax or white castile soap to make the suds; rinse in clear water, shake till nearly dry, fold evenly, lay between boards under a weight. No ironing is required. Silk hose and ribbons may be treated the same way. If the colors run, soak the pieces half an hour, stirring often; wash and rinse in several clear waters, and add to the last one a teaspoonful of sugar of lead dissolved in two quarts of water. Or, wash in cold soft water with curd soap, rinse in cold soft water slightly colored with stone blue; wring dry and stretch them out on a mattress, tacking them lightly. They will look as good as new if care is taken.

TO WASH LACE.—Make a smooth paste; add cold water until it looks like milk and water, boil in a glazed vessel until transparent, stirring constantly. While this cools, squeeze the laces through soapsuds, rinsing them in clear water. For a clear white add a little bluing; for ivory white omit the bluing, and for a yellow tinge add a few teaspoonfuls of clear coffee to the starch. Run the laces through the starch, squeeze, roll up in towels, and clap each piece separately until nearly dry; pull gently into shape from

time to time, and pin on a clean surface. When dry, press between tissue paper with a hot iron; punch the openings with an ivory stiletto, and pick out each loop on the edge with a coarse pin.

TO WASH LACE CURTAINS.—Shake the dust from the lace, lay in clear, cold, soft water for an hour, wring out and wash in warm water in which a little soda has been dissolved; wash in several waters, or until perfectly clean; rinse in water well blued; blue the boiled starch quite deeply, dip in the curtains and squeeze, but do not wring them dry. Pin some sheets down to the carpet in a vacant, airy room, and pin on the curtains stretched to exactly the size they were before being wet. In a few hours they will be dry and ready to put up. The whole process of washing and pinning down should occupy as little time as possible, as lace will shrink more than any other cotton goods when long wet. Or, fasten them in a pair of frames, made very like the old-fashioned quilting-frames, thickly studded along the inside with the smallest size of galvanized tenter-hooks, in which to fasten the lace, and having holes and wooden pins with which to vary the length and breadth to suit the different sizes of curtains. The curtains should always be measured before being wet, and stretched in the frames to that size to prevent shrinking. Five or six curtains of the same size may be put in, one above the other; and all dried at once. The frames may rest on four chairs.

TO WASH LACE RUCHINGS.—Wash with the hands in warm suds; if much soiled soak in warm water two or three hours, rinse thoroughly, and starch in thick starch, dry outdoors if the day be clear; if not, place between dry cloth, roll tightly and leave till dry; then, with the fingers, open each row and pull out smoothly; use clear water to dampen the fingers or lace; pull out straight the outer edge of each with the thumb and finger, and draw the binding over the point or side of a hot iron. If the ruche is single, or only two rows, it can be ironed after being smoothed by the first process. Blonde or net, that has become yellow, can be bleached by hanging in the sun or lying over night in the dew.

TO WASH THREAD LACE.—Cover a bottle with white flannel, baste on the lace carefully, and rub with white soap; place the bottle in a jar filled with warm suds, let it remain two or three

days, changing the water several times, and boil with the finest white clothes on washing day ; after it cools a little, rinse several times in plenty of cold water, wrap a soft dry towel around it, and place it in the sun ; when dry, unwind, but do not starch it.

TO WASH BROWN LINEN.—Always use starch-water and hay tea. Make the flour starch in the ordinary way. For one dress, put on the stove a common-sized milk pan full of timothy hay, pour on water, cover, and boil until it is dark green ; turn it into the starch, let the goods soak in it a few minutes, and wash without soap ; the starch will clean the fabric and no rinsing is necessary.

TO WASH RED TABLE LINEN.—Use tepid water, with a little powdered borax, which serves to set the color ; wash the linen separately and quickly, using very little soap ; rinse in tepid water, containing a little boiled starch ; hang in the shade, and iron when almost dry.

TO WASH DELICATE COLORED MUSLINS.—Boil wheat bran, about two quarts to a dress, in soft water half an hour, let it cool, strain the liquor, and use it instead of soap ; it removes dirt, keeps the color, the clothes only need rinsing in one water, and starching is unnecessary. Suds and rinsing water for colored articles should be used as cold as possible. Or, make thick corn-meal mush, well salted, and use instead of soap ; rinse in one or two waters, and do not starch.

TO WASH COLORED MUSLINS.—Wash in warm, not hot, suds, made with soft water and good white soap. Wash only one piece at a time. Change the suds as soon as it looks dingy. Rinse first in clear then in slightly blued water. Squeeze quite dry, but do not wring them. Hang them in a shady place as sunshine fades all colors.

TO CLEAN ALPACA.—Put the goods in a boiler half-full of cold soft water and boil three minutes. Wring dry, and let it lie half an hour in very dark indigo water. Wring out and iron while damp. Or, sponge with strained coffee. Iron on the wrong side with black cloth under the goods.

TO CLEAN SILK AND WOOLEN DRESS GOODS.—Any silk or woollen goods may be washed in gasoline, rubbing as if in water, without injury. The dirt is quickly and easily removed, but no change

takes place in the color of the fabric. Great care must be taken not to use the gasoline near a stove or light as a gas arises from it which is very inflammable, and might take fire.

TO CLEAN BLACK LACE.—Take the lace and wipe off all the dust carefully, with a cambric handkerchief. Pin it on a board, inserting a pin in each projecting point of the lace. Spot it all over with coffee, and do not remove the pins until it is perfectly dry. It will look quite fresh and new.

TO CLEAN RIBBONS.—Dissolve white soap in boiling water; when cool enough to bear the hand, pass the ribbons through it, rubbing gently so as not to injure the texture; rinse through lukewarm water, and pin on a board to dry. If the colors are bright yellow, maroon, crimson, or scarlet, add a few drops of oil of vitriol to the rinse-water; if the color is bright scarlet, add a few drops of muriate of tin.

TO DO UP BLACK SILK.—Boil an old kid glove, cut in small shreds, in a pint of water till it is reduced to half a pint; sponge the silk with it; roll tight, and ten minutes after, iron on the wrong side while wet. The silk will retain its softness and luster, and, at the same time, have the "body" of new silk.

TO CLEAN VELVET.—Invert a hot flatiron, place over it a single thickness of wet cotton cloth, lay on this the velvet, wrong side next the wet cloth, rub gently with a dry cloth until the pile is well raised; take off the iron, lay on a table, and brush it with a soft brush or cloth.

TO CLEANSE ARTICLES MADE OF WHITE ZEPHYR.—Rub in flour or magnesia, changing often. Shake and hang in the open air a short time.

TO CLEAN AND PRESS SILKS.—Shake out all the dust, clean well with a flannel cloth, rubbing it up and down over the silk; this takes out all dust that may be left; sponge the silk with clear coffee on the right side, sponging across the silk, and not down the length, and with a moderately-warm iron press what is intended for the wrong side. After sponging, it is better to wait a few minutes before pressing, as the irons will not be so apt to stick. The coffee removes every particle of grease and restores the brilliancy of the silk. Satin should be pressed on the right side.

TO CLEAN WASH BOILERS.—Wash with sweet milk, or grease with lard. To prevent rust, thoroughly dry the boiler after rinsing with milk before putting away for the week.

TO PREVENT BLUE FROM FADING.—Put an ounce of sugar of lead into a pail of water; soak the material in the solution for two hours, and let it dry before washing and ironing; good for all shades of blue.

TO REMOVE THE COLOR FROM BUFF CALICO.—If some kinds of buff calico are dipped in strong soda water, the color will be removed and the figures of other colors remain on a white ground. This is valuable sometimes, as buff calico spots easily. If pink calico be dipped in vinegar and water after rinsing, the color will be brighter.

TO REMOVE GREASE FROM SILK, COTTON, LINEN OR WORSTED GOODS.—Rub magnesia freely on both sides of silk or worsted goods and hang away. Benzine, gasoline, ether or soap, will take out spots from silk, but the goods must not be rubbed. Oil of turpentine or benzine will remove spots of paint, varnish or pitch from white or colored cotton or woolen goods. After using it, they should be washed in soapsuds. Spots from sperm candles, stearine, and the like, should be softened and removed by ninety-five per cent. alcohol, then sponged off with a weak alcohol, and a small quantity of ammonia added to it. Holding white cotton or linen over the fumes of burning sulphur, and wetting in warm chlorine water, will take out wine or fruit stains. The sooner the remedy is applied, after any of these spots or stains are discovered, the more effectual the restoration. For white linen or cotton use soapsuds or weak lye; for calicoes, warm soapsuds, and for woolens, soapsuds or ammonia. On silks use either yolk of egg with water, gasoline, magnesia, ether, benzine, ammonia, or French chalk.

TO REMOVE GREASE FROM SILKS, WOOLENS, PAPER, FLOORS, ETC.—Grate French chalk thickly over the spot cover with brown paper, set on it a hot flatiron, and let it remain until cool; repeat if necessary. The iron must not be so hot as to burn paper or cloth. Common chalk may be used but is not as good.

TO REMOVE IRON RUST.—While rinsing clothes, take those spotted

with rust, wring out, dip a wet finger in oxalic acid and rub on the spot; then rub on salt, hold it on a hot surface and the spot will disappear; rinse again, rubbing the place a little.

TO REMOVE FRUIT STAINS.—Colored cottons or woollens stained with wine or fruit should be wet in alcohol and ammonia, and sponged off gently, not rubbed, with alcohol; if the material will warrant it, wash in tepid soapsuds. Stains may be easily removed from white cotton by using boiling water before they are soaped or wet; pour it on until they mostly disappear, and let the goods lie in it covered till cold. Peaches, some kinds of pears, and sweet apples, make the worst stains; and if boiling water is not sufficient, a little javelle water may be used; if skilfully managed, it will not need to be used often. Silks may be wet with this preparation when injured by these stains. Spirits of camphor will take out grass stains. Saturate the cloth thoroughly, rub with the fingers, let the sun shine upon the stains, and if needed apply the camphor again.

TO REMOVE INK STAINS FROM CLOTHING.—Dip the spots in pure melted tallow; wash out the tallow and the ink will come out. If articles are rubbed out in cold water while the stain is fresh, the stain will often be entirely removed. Or, immediately saturate with milk, soak it up with a rag, apply more, rub well, and in a few minutes the ink will disappear.

TO REMOVE THE STAINS OF NITRATE OF SILVER FROM THE FLESH OR WHITE GOODS.—Dissolve iodine in alcohol, and apply to the stain; rub the spot with a wet piece of cyanide of potassium, and the stain will immediately disappear; wash the hands or goods in cold water.

TO TAKE OUT MACHINE OIL.—Rub with a little lard or butter and wash in warm water and soap, or, rub first with a little soap and wash out in cold water.

TO TAKE OUT MILDEW.—Wet the cloth and rub on soap and chalk, mixed together, and lay in the sun; or lay the cloth in buttermilk for a short time, then place in the hot sun; or wet with lemon juice, and treat in the same way.

TO TAKE OUT PAINT.—Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how dry or

hard it may be. Saturate the spot two or three times and wash in soapsuds.

TO TAKE OUT SCORCH.—If a shirt bosom, or other article has been scorched in ironing, lay it where bright sunshine will fall directly on it. Peel and slice two onions, extract the juice by pounding and squeezing; cut up half an ounce of fine white soap, and add to the juice with two ounces of fuller's earth, and half a pint of vinegar. Boil all together. When cool spread over the scorched linen, and let dry; wash and boil out the linen, and the spots will disappear unless burned so badly as to break the threads.

TO TAKE OUT SPOTS.—If produced by an acid they may be removed from cloth or calico by touching the spot with ammonia. Spots produced by an alkali may be removed by moistening with vinegar or tartaric acid.

COFFEE STARCH.—Make a paste of two tablespoonfuls of starch and cold water; when smooth, stir in a pint of perfectly clear coffee boiling hot; boil five or ten minutes, stir with a spermaceti or wax candle, strain, and use for all dark calicoes, percales, and muslins.

FLOUR STARCH.—Have a clean saucepan on the stove with one quart boiling water, into which stir three heaping tablespoonfuls of flour, previously mixed smooth in a little cold water; stir steadily until it boils, and boil five minutes; strain while hot through a crash towel. The above quantity is enough for one dress, and will make it nice and stiff. Flour starch is considered better for all calicoes than fine starch, since it makes them stiffer, and the stiffness is longer retained. A little white glue may be added after it is dissolved in water, and dampness will not so readily affect the dress.

TO MAKE FINE STARCH.—Wet the starch smooth with cold water, in a large tin pan; pour on a quart of boiling water to two or three tablespoonfuls of starch, stirring rapidly all the while; place on stove, stir until it boils, and then occasionally. Boil five minutes, or until the starch is perfectly clear. Some add a little salt, or butter, or stir with a sperm candle; others add a teaspoonful of kerosene to one quart starch; this prevents the stickiness sometimes so annoying in ironing. Anyone of these

ingredients is an improvement to flour starch. Many, just before using starch add a little bluing. Cold starch is made from starch dissolved in cold water; be careful not to have it too thick.

TO STIFFEN LINEN CUFFS AND COLLARS.—Add a small piece of white wax to a pint of fine starch. If the iron sticks, soap the bottom of it, or rub it on salt, or a waxed cloth.

ENAMEL FOR SHIRT BOSOMS.—Melt together with a gentle heat, one ounce of white wax and two ounces of spermaceti; prepare a sufficient quantity of starch for a dozen bosoms, put into it a piece of enamel the size of a hazel nut, and in proportion for a large number. This gives linen a beautiful polish.

SILVER POLISH FOR SHIRTS.—One ounce each of isinglass and borax, one teaspoonful of white glue, two teaspoonfuls of white of an egg. Cook well in two quarts of fine starch. Starch and dry. Before ironing, apply to the bosom and cuffs with a cloth till well dampened. Iron at once with a hot glossing iron.

TO DRY-STARCH, FOLD AND IRON SHIRTS.—In doing up shirts, wristbands and collars should be starched first if the collars are sewed on. Dip them into the hot starch, and as soon as the hand can bear the heat, dipping the hand in cold water often will expedite the work, rub the starch in thoroughly, taking care that no motes or lumps of starch adhere to the linen. Starch the shirt bosom the same way, keeping the starch hot in a pan of water. Rub it into the linen carefully, pass the finger under the plaits and raise them up that the starch may penetrate all evenly. Shake out the shirt, fold both sides of the bosom together, and bring the shoulders and side seams together evenly; lay the sleeves one over the other, and, after pulling the wristbands into shape smoothly, fold together, roll the wristbands tightly, and, with the sleeves, fold and lay evenly on the sides of the shirt. Then turn the sides with the sleeves over on the front, and beginning at the neck roll the whole tightly together, wrap in a towel and let it remain several hours before ironing. To do up shirt bosoms in the most perfect way, one must have a polishing iron—a small iron rounded over and highly polished on the ends and sides. Spread the bosom on a hard and very smooth board, with only one thick-

ness of cotton cloth sewed tight across it. Cover with a wet cloth, iron quickly with a hot iron, remove the cloth, and with a polishing iron as hot as it can be used without scorching, rub the bosom quick and hard up and down, not crosswise. Use only the rounded part of the front of the iron; that puts all the friction on a small part at one time, and gives the full benefit of all the gloss in starch or linen. Or, dip collars, cuffs and bosoms into hot starch and hang to dry. When ready to fold, mix a little elastic starch with cold water and wet the dry-starched portions of the shirts thoroughly. Sprinkle the shirts with water, and fold according to directions. Moisten with the starch-water when ironing. A little bluing may be added to the cold starch. Collars and cuffs should be shaken out, stretched smooth, and laid a little distance from each other on a towel. Fold carefully, so that the towel will lie between the starched articles. To iron them, cover with damp, thin linen, smooth quickly with a hot iron, take off the cloth, and finish the process. Iron after two hours.

HERE IS ANOTHER METHOD.—To fine starch add a piece of enamel the size of a hazel nut for a dozen bosoms; if this is not at hand use a tablespoonful of gum arabic solution made by pouring boiling water upon gum arabic and letting it stand until clear and transparent. Strain the starch through a hair-strainer or a piece of thin muslin. Have the shirt turned wrong side out; dip the bosoms carefully in the fine starch made according to recipe, squeeze out and rub the starch evenly into the linen; this should be very thoroughly done or the bosoms and collars will not be stiff enough. Hang up to dry, and three hours before ironing dip the bosoms and other starched parts in clean water, wring and fold up tightly. First iron the back and shoulders, then the sleeves, wristbands, neckband, and finally the bosom. Place the bosom-board under the bosom, and with a dampened cloth rub from the top to the bottom. With a smooth, moderately hot flatiron begin at the top and iron downwards, continue until the bosom is perfectly dry and shining. The bosom, cuffs and collars, and all fine work, will look clearer and better if first ironed under a piece of thin, old muslin. It takes off the first heat of the iron and removes any lumps of starch.

TO BLEACH MUSLIN.—Scald in suds after washing well in cold water; it sets the yellow shade to put it into hot suds first. Lay on clean grass in the sun, leave out all night, if safe, if not put in clean water over night; in the morning repeat the scalding and return to the grass. It takes time to bleach white, and the chances are that the value of the muslin will be deteriorated about half when the process is finished. A better way is to soak over night in buttermilk, and wash out, repeating the process several times.

TO WHITEN LACES, COLLARS, ETC.—Put them into a glass jar with strong soapsuds, and let stand in the sun for seven days, shaking occasionally, and changing the water.

CARE OF IRONS.—When irons become rough or smoky, lay a little fine salt on a flat surface and rub them well; it will prevent their sticking to anything starched, and make them smooth. Or, scour with bath brick before heating; when hot rub well with salt, then with beeswax tied in a rag, and wipe clean on a dry cloth. Put the irons on a piece of fine sandpaper, or a hard, smooth board covered with brick dust, to remove starch. Rubbing the iron with the wax, even if no starch adheres, adds to the glossiness of the linen that is ironed.

APRON POCKET FOR CLOTHESPINS.—Use denim or drilling instead of calico. It may be made like an apron with two large pockets bound around with another color, or a very large pouch, with strings to tie round the waist. One yard of material will be enough. Or, turn up at the bottom twelve inches of the material and make three pockets by stitching through the double cloth.

ERASIVE FLUID.—For the removal of spots on furniture, cloth, silks, and other fabrics, when the color is not drawn, without injury: One ounce castile soap, four of aqua ammonia, one of glycerine, and one of spirits of wine; dissolve the soap in two quarts of soft water, add the other ingredients, and apply with a soft sponge.

WASHING FLUID AND HOW TO USE IT.—One pound sal soda, half a pound stone lime, five quarts soft water, and one-fifth pound borax. Boil a short time in a copper or brass kettle, stirring occasionally; let it settle, and pour off the clear fluid into a stone jug, and cork for use; soak the clothes over night in clear

water, wring out, and soap all parts that seem much soiled ; have the boiler half filled with water, and when scalding stir in one cupful of fluid, and put in the clothes. Boil half an hour, rub lightly through one suds, rinse well in the bluing water, and the work is done. Instead of soaking clothes over night, they may soak in suds a few hours before washing. For each additional boiler of clothes add half a cup of fluid ; of course boiling in the same water through the whole. If more water is needed in the boiler, dip it from the fresh suds. This fluid brightens instead of fading the colors in calico, and is good for colored flannels. It does not rot clothes but they must not lie long in the water ; the various processes must follow each other in rapid succession until the clothes are on the line. A little of this fluid in hot water will remove grease spots from floors and other places, and will quickly cleanse tinware, pots and kettles. Or, dissolve one-half bar of the best grade of soap, one ounce saltpetre, one ounce borax, in four quarts soft water over a fire ; when cool, add five ounces of ammonia. This compound may be bottled, and is good for an indefinite length of time. Used as soft soap.

BOILED SOAP.—There is no romance or poetry in making boiled soap, only patient, hard work. Place the grease, consisting of soup-bones, and all kinds of fat that accumulate in a kitchen, in a kettle, filling it half full ; if there is too much fat, it can be skimmed off after the soap is cold. The lye will consume all the fat that is needed and no more. The kettle should be in an out-house or out of doors. Make a fire under one side ; heat very hot, and stir it to prevent burning ; put in the lye, a gallon at a time, watch closely until it boils, as it sometimes runs over at the beginning. Add lye until the kettle is full enough to boil well. Soap should boil from the side and not the middle, as this would cause it to boil over. To test the soap, add one spoonful of soap to one of rain water ; if it stirs up very thick, the soap is good and will keep ; if it becomes thinner, it is unfit for use.

This is the result of one of three causes : it is too weak, there is a deposit of dirt, or it is too strong. Continue to boil for a few hours, when it should flow from the stick, with which it is stirred,

like thick molasses; but if after boiling it remains thin, let it stand over night, removing the fire; drain very carefully into another vessel, being particular to prevent any sediment from passing. Wash the kettle, return the soap and bring to a boil, and if the cause was dirt, it will now be thick and good, otherwise it is too strong and needs rain water. Pour in a small quantity at a time, until it becomes thick. If other difficulties appear, use good common sense to meet and overcome them.

AN ECONOMICAL WAY OF SAVING SOAP GREASE.—Have a kettle of lye standing in the yard in summer time, or if there is not a yard, in the cellar. If there are any pieces of fat left after using a ham, or lumps of suet not used in cooking a steak, put them in a skillet, fry brown, and add to the lye; thus every particle of fat will be saved, and there is no fear of insects, rats or mice, getting into and destroying the grease. Keep the kettle covered during the night or when raining, but uncovered in the sunshine, stirring occasionally. In the fall, all that is necessary is to make a fire under the kettle, and let it boil a short time, adding more lye or grease as needed. If there are too many bones in it, or any particles have not become consumed, skim them out and put them in a pot of weak, hot lye, stirring them with the skimmer to rinse off all the soap; skim them out and throw away, and the pot of lye may be added to the kettle of soap. Soft soap should be kept in a dry place in the cellar, and is better if allowed to stand three months before using.

FAMILY SOAP.—Much of the toilet and laundry soap in the market is adulterated with injurious, and, to some persons, poisonous substances, by which diseases of the skin are occasioned or greatly aggravated, and great suffering results, which is rarely traced to the real cause. The fat tried from animals which have died of disease, if not thoroughly saponified, is poisonous, and sometimes produces death. If, in making soap, the mass is heated to too high a degree, a film of soap forms around the particles of fat; if at this stage resin, sal-soda, silicate, and other adulterations are added, the fat is not saponified, but filmed, and if poisonous or diseased, it so remains, and is dangerous to use. A bar of such

soap has an oily feeling, and is unfit for use. If it feels sticky, it has too much resin in it. The slippery feeling which belongs to soap properly made cannot be mistaken. Another test of pure soft or hard soap is its translucent or semi-transparent appearance. Soft soap that is cloudy is not thoroughly saponified, or else has been made of dirty or impure grease. It is not only safer but more economical to buy pure soap, as the adulterations increase the quantity without adding to the erasive power. Some of the brown soaps sold in the market are seventy-five per cent. resin, and the buyer gets only twenty-five per cent. of what he wants for his money. Fifteen per cent. of resin improves the quality, but any excess damages it, and is worse than useless. Almost any family may make excellent soft soap, with very little expense, by saving grease and using lye from pure hard-wood ashes or pure potash.

TO SET A LEACH.—Bore several auger holes in the bottom of a barrel, or use one without a bottom; prepare a large board, set the barrel on it, and cut a groove around just outside the barrel, making one groove from this to the edge of the board to carry off the lye, with a groove around it, running into one in the center of the board. Place it two feet from the ground, and tip so that the lye may run easily from the board into the vessel below prepared to receive it. Put half-bricks or stones around the edge inside the barrel, place on them sticks two inches wide, inclining to the center; cover with two inches of straw and two pounds of slacked lime; put in the ashes, a half bushel at a time, pack well by using a pounder, spade, or common ax; continue to pack until the barrel is full, leaving a funnel-shaped hollow in the center large enough to hold several quarts of water. Use boiling hot soft or rain water, and let the first water disappear before adding more. If the ashes are packed very tightly, it may require two or three days before the lye will begin to run, but it is much better as it will be stronger. If a large quantity of lye is needed, prepare a board long enough to hold two or more barrels, one back of the other, with a groove in the center the entire length of the board; on this place the barrels prepared as above.

TO CLEANSE GREASE.—Place all grease of whatever kind, soup

bones, ham rinds, cracklings, or any refuse fat, in a kettle, with lye weak enough to boil it until all the particles of fat are extracted; let it cool, then skim off the grease, which is now ready to make Sun Soap. No fat should be put away for soap grease until fried thoroughly.

MADE-OVER SOAP.—Shave all the small bits of soap, cover them with soft water, soak over night, and in the morning add more soft water; boil until thoroughly melted, and of the consistency of taffy, and pour into moulds.

GALL SOAP.—For washing woolens, silks, or fine prints liable to fade: One pint beef's gall, two pounds common bar soap cut fine, one quart boiling soft water; boil slowly, stirring occasionally until well mixed: pour into a flat vessel, and when cold cut into pieces to dry.

SOAP MIXTURE.—Dissolve five bars of soap in four gallons of soft water, one and three-fourths pounds of sal soda, and three-fourths pounds of borax; stir while cooling. Use one cupful for suds to soak the clothes; wring out and put into the boiler; use the same amount for boiling the clothes.

HARD SOAP.—Place one gallon of good soft soap in a kettle; when it begins to boil, add a pint of common salt, stirring it all the time until it is dissolved, then cool. Next day, cut out the soap in squares, scrape off the soft, dark part that adheres to the lower side of the cakes, pour out the lye, and wash the kettle; place the soap, cut in thin slices, in the kettle with more weak lye. If the lye is strong add rain water, pint for pint; let it boil until the soap is dissolved. While boiling, stir in a pint of salt as before and cool. When perfectly hard, cut it in cakes, scraping off the soft lye part that adheres to the lower side, and lay on boards in the sun, turning it each day until sufficiently dry. To make a twelve or fourteen-gallon kettle of soft soap into hard, three quarts of salt, stirred in each time, will be sufficient. As soap differs in strength, the quantity of salt must also differ, and the stronger the soap the more salt is required. A good general rule is: "When the soap is boiling, stir in salt until it curdles and becomes whitish in color." Test, by placing some in a shallow pan to cool; a few minutes will show if enough salt has been used.

POTASH SOAP.—Put into the soap-barrel sixteen pounds of clean grease, if melted it will hasten the process of making, sixteen pounds of good white potash, and a pail of warm water. Stir thoroughly. Add daily a pail of warm water; stir several times a day until a clear, light jelly is formed. This amount of grease and potash will require water enough to fill the barrel. It is better to be three months old before using. Green soap is trying for the hands.

SOFT SOAP.—Cut three pounds of Kirk's soap into small pieces; add two gallons of water, four ounces of pure carbonate of soda, and dissolve over the fire. When melted, stir in two tablespoonfuls of salt; very nice for woolens and calicoes.

SUN SOAP.—Add one pound of cleansed grease, spoiled lard or butter, to a gallon of lye strong enough to float an egg. Set the vessel in the sun and stir thoroughly each day until it is good soap. This gives it a golden color. It may be used in washing even laces and fine cambrics with perfect safety.

SUBSTITUTE FOR WASHING-SODA.—A German scientific journal recommends laundresses to use hyposulphite of soda in place of common washing-soda. It does not attack the fabric in any way, and at the same time exerts bleaching properties which greatly improve the appearance of linen and calicoes.

THE USE OF TURPENTINE IN WASHING.—Turpentine should never be used when washing is done with the hands; but when the clothes are pounded in a barrel in the old-fashioned way, or when the rubbing is done by a washing-machine, a tablespoonful of turpentine added to a pint of soft soap, taking enough of the mixture to make a good suds for each lot of clothes, aids in removing the dirt. Care must be taken not to handle the turpentine with the hands, nor to breathe the fumes, as it is injurious to some persons; rinse the clothes thoroughly, or the clothing may retain enough turpentine to be hurtful when worn next the skin.

MARKETING.

In order to buy meat well and economically, every housekeeper, if ignorant in this matter, should apply to a reliable butcher, paying him, if need be, for information how to select and cut meat,

how to distinguish between the various parts, and what kind of cooking is most appropriate. Unless prevented by circumstances, the housekeeper should see the meat before ordering, as no one else is as much interested in the matter. It is best to pay for the meat when purchased; those who trust rightly require a certain rate of interest, when obliged to wait for payment beyond a specified date. Buy from respectable dealers in the neighborhood, rather than from transient and irresponsible parties, for the dealer will rectify a mistake at once; the other cannot be trusted. If a dealer imposes on the customer intentionally, he should receive a wholesome lesson by the withdrawal of the family patronage.

Meat should always be wiped with a damp, clean towel as soon as it comes from the shop, and in loins the pipe which runs along the bone should be removed as it soon becomes tainted. Never buy bruised meat.

When necessary to keep meat a length of time, sprinkle it with either black or red pepper. It can be easily washed off when wanted for cooking. Powdered charcoal is excellent to prevent meat from tainting. Meat which has been kept on ice, must be cooked immediately, and it is better to place meats, poultry, game, etc., near but not on the ice, as it is the cold air, not the ice, which arrests decay. All meats, except veal, are better when kept for a few days in a cool place.

BEEF.—In buying, select that which has a cherry-red color after a cut has been, for a few moments, exposed to the air. The fat should be of a light straw color, and the meat marbled throughout with fat. If the beef is immature, the color of the lean part will be pale and dull, the bones small, and the fat very white. High-colored, coarse-grained beef, with the fat a deep yellow, should be rejected. In corn-fed beef, the fat is yellowish, while that fattened on grasses is whiter. In cow-beef the fat is whiter than in ox-beef. Inferior meat from old and ill-fed animals has a coarse, skinny fat, and a dark-red, lean appearance. Ox-beef, if not too old, is the sweetest, most juicy, and the most economical. When meat pressed by the finger rises up quickly, it is prime, but if the dent disappears slowly or remains, it is poor in quality. Any

greenish tints about either fat or lean, or slipperiness of surface, indicates that the meat has been kept so long that putrefaction has begun, and is, consequently, not fit for use.

Tastes differ as to the choice cuts, and dealers cut meats differently. The tenderloin, which is the choicest part, and is sometimes removed by itself, lies under the short ribs and close to the backbone, and is usually cut through with the sirloin and porterhouse steaks. Of these, the porterhouse is generally preferred, the part nearest the thin bone being the sweetest. If the tenderloin is wanted it may be obtained by buying an edgebone steak, the remainder of which, after removing the tenderloin, is equal to the sirloin. The small porterhouse steaks are the most economical, but in large steaks the coarse and tough parts may be used for soups, stews, or, after boiling, for hash. A round steak, when the leg is not cut down too far, is sweet and juicy, though it is inclined to toughness. It may be chopped fine, seasoned, and made into Hamburger steak, or into breakfast croquettes, as there is no waste in it and it is the most economical to buy. The interior part of the round is the tenderest. Porterhouse is cheaper than sirloin, having less bone. Rump steak and round, if well pounded to make them tender, have the best flavor. The best beef for à la mode is the round; remove bone and trim off the gristle. For corned beef, the round is the best.

The roasting pieces are the sirloin and the ribs, the latter being most economical for the family table, the bones forming an excellent basis for soup; the meat, when boned, rolled up, which should be done by the dealer, and roasted, is in good form for the carver, as it enables him to distribute equally the upper part with the fatter and more membranous portions. A roast, if cooked rare, and served in this way, may be cooked a second time. The best beef roast for three persons is two and a half, or three, pounds of porterhouse. There are roasts and other meats equally good in the fore quarter of beef, but the proportion of bone to meat is greater.

LAMB.—It is good at a year old, and more digestible than most immature meats. Spring lamb is prized, apparently, because unseasonable. It is much inferior to the best mutton. The meat

should be light red and fat. If the weather is cool, it may be kept a day or two before cooking, but it tends to speedy decay. On the other hand, if cooked too soon after killing, it is stringy and indigestible. In the fore quarter of lamb, if not fresh, the large neck-vein will be greenish in color when it should be blue. If the hind quarter is stale, the kidney-fat will have a musty smell.

MUTTON.—It should be fat, and the fat clear, hard and white. Beware of lean mutton with flabby and yellow fat. An abundance of fat is a source of waste, but as the lean part of fat mutton is much more juicy and tender than any other, choose fat mutton. The longer mutton is hung before being cooked, the better it is, provided it does not become tainted. A saddle or haunch of mutton washed daily with vinegar, and dried thoroughly after each washing, will keep some time. In warm weather rub pepper and ground ginger over it to keep off flies. The leg has the least fat, in proportion to weight; the shoulder is next. The least proportion of bone is in the leg. After the dealer has cut off all he can be persuaded to remove, it will need to be trimmed freely before boiling. The flesh of mutton differs in color from that of beef; beef is a bright carnation, mutton is a deep, dark red. The hind quarter of mutton is best for roasting. The ribs may be used for chops, but the leg chops are more economical as there is much less bone, and no hard meat. For roasts, choose the shoulder, the saddle, or the loin or haunch. The leg should be boiled. Small rib chops are best for broiling; those cut from the leg are generally tough; cutlets to bake are taken from the neck. Almost any part will do for broth. Remove as much of the fat as practicable; cut into small pieces and simmer slowly until the meat falls to pieces. Drain, skim off the remaining fat, and thicken with rice or vermicelli. Mutton is in season at any time, but is not so good in autumn.

PORK.—Care must be taken in its selection. If ill-fed or diseased, no meat is more injurious to the health. The flesh must be fine-grained, and both fat and lean, very white. The rind must be smooth and cool to the touch. If clammy, the pork is stale and to be rejected. If the fat is full of small kernels it indicates disease.

In good bacon the rind is thin, the fat firm, and the lean tender. Rusty bacon has yellow streaks in it. Fresh pork should seldom be eaten. The best hams, whether corned, or cured and smoked, weigh from eight to fifteen pounds; they have a thin skin, solid fat, and a small, short, tapering leg or shank. In selecting them, run a knife along the bone on the fleshy side; if it comes out clean the ham is good, but if the knife is smeared it is spoiled. Hams may be steamed; keep the water under the steamer boiling, and allow twenty minutes to the pound. When done, brown slightly in the oven.

TONGUE.—Beef's, calf's, lamb's, sheep's and pig's tongues may be procured at the meat shops, and they are prepared in the same way. Calf's tongue is considered best, but it is usually sold with the head; beef's tongue is what is generally referred to when tongue is mentioned. Lamb's tongue is very nice. In purchasing, choose those which are thick, firm, and have plenty of fat on the under side.

VEAL.—It is best from calves not less than four, nor more than eight weeks old. If younger, it is unfit for food; and if older, the mother cow does not furnish enough food, and it is apt to fall away; besides, the change to grass diet changes the character of the flesh; it becomes darker and less juicy. The meat should be clear and firm, and the fat, white. If dark and thin, with tissues hanging about the bone loosely, it is not good. Veal will not keep so long as older meat, especially in hot or damp weather, and when it has passed the point of perfect soundness, the fat is soft and moist, the meat flabby, spotted, and inclined to be porous like a sponge.

The hind quarter is the choicest part. It is usually divided into two parts, called the loin and the leg. When the leg is large it is divided into two joints, and the thin end is called the "kidney end," and the other the "thick end." From the legs are cut the fillet and veal cutlets. The knuckle of veal is the part left after the fillets and cutlets are removed. Many prefer the breast of veal for roasting, stewing, pies, etc. It may be boned so as to roll, or a large hole may be cut in it to make room for the stuffing.

The neck of veal is used for stewing, fricassee, pies, etc. Veal chops are best for frying; cutlets are more apt to be tough. Veal should be avoided in summer. Though veal and lamb contain less nutrition, in proportion to their weight, than beef and mutton, they are often preferred to these on account of the delicacy of their texture and flavor.

Veal sweetbreads, if properly cooked, make one of the most delicate meat dishes that we have; but care must be taken in selecting them, as there are two kinds, and only one kind is very good. It is found in the throat of the calf, and when fresh and perfect it is plump, white and fat. The other, which does very well for croquettes, or any dish where it may be chopped, lies below the diaphragm, and is really the pancreas. However the sweetbreads may be cooked, they should always be soaked a given time in cold water, which should be changed two or three times; cook in boiling water half an hour longer, and then put into cold water to cool. If that does not make them firm, they may be dried in a towel and pressed between two pans or boards, with a pressing iron, or other weight on top.

FISH.

When fresh, the eyes of all fish are full and bright, the gills a fine, clear red, the body stiff, and the smell not unpleasant. The flavor and excellence of both salmon and mackerel depend entirely on their freshness; and no fish is good if in the least stale.

Lobsters, when freshly caught, have some muscular action in their claws which may be excited by pressing the eyes. The heaviest lobsters are the best. The male is thought to have the highest flavor; it is distinguished from the female by the feelers under the throat, which are hard, long and sharp, while in the female they are soft and rudimentary. Females are preferred for sauces on account of the coral, and they are best in June and July. Delicate lobsters weigh from four pounds and upward.

If crabs are fresh, the eyes are bright, the joints of the legs stiff, and they have an agreeable odor. The heaviest are the best, the light ones being watery.

Scallops are not much used; the shell closes tight when fresh,

as is the case with hard-shell clams. Soft-shell clams are good only in cold weather, and should be fresh. Oysters, when alive and healthy, close tight upon the knife. They are good from September to the first of May.

The best varieties of fresh-water fish differ with the locality. In the South are the shad, the sheep's-head, the golden-mullet and the Spanish mackerel; in the North, brook-trout, and the many choice varieties that people the inland lakes. Lake Superior trout and whitefish, coming from cold waters, keep the best of all fresh-water fish. The whitefish is more delicate, has fewer bones, and greatly resembles shad; it is a favorite salted fish, and will be found in all markets. Wall-eyed pike, bass and pickerel are also excellent eating, and are shipped in ice, reaching market as fresh as when caught, and are sold at moderate prices. California salmon is shipped in the same way, and is sold in all cities, with fresh cod and choice varieties from the Atlantic coast; but the long distance which they must be transported, makes prices high. The catfish is a Mississippi-river fish, and is cooked in various ways.

All fish which have been packed in ice should be cooked immediately after removal, as they soon grow soft and tasteless. Stale fish should never be cooked for the table. Fresh fish should be scaled and cleaned on a table, or clean board, and not in a pan of water. As little water should be used as is compatible with perfect cleanliness. When not cooked immediately, place near ice until wanted. If frozen when brought from market, thaw in ice-cold water.

Eels must be dressed as soon as possible, or they lose their sweetness; cut off the head, skin them, cut them open, and scrape them free from every string. They are good except in the hottest summer months, the fat ones being best. A fine codfish is thick at the back of the neck, and is best in cold weather. The best salt mackerel for general use is the "English mess." Poor mackerel are always dry. Choose herring (bloaters are nice) which are thick on the belly, and fat. The salt California salmon are excellent, those of a dark, rich yellow being best. Freshen with scale

side up. Sturgeon should be white, the veins blue, the grain even, and the skin tender. Much sturgeon is put up and sold for smoked halibut. The skin of halibut should be white; in sturgeon it is dark. Smoked salmon should be firm and dry. Smoked white-fish and trout are very nice. Select good, firm, whole fish.

GAME AND POULTRY.

To preserve game and poultry in summer-time, draw them as soon as possible after killing, wash carefully, and plunge them into a kettle of boiling water, drawing them up and down by the legs, so that the water may pass freely through them; drain, wipe dry, and hang in a cool place; when perfectly cold, rub the insides and necks with pepper; prepared in this way, they will keep two days in warm weather; wash thoroughly when ready to use them. Or, wash well in soda water, rinse in clear water, place charcoal inside, cover with a cloth, and hang in a dark, cool place. The most delicate birds can be preserved in this way for a few days.

If game or poultry is at all strong, let it stand for several hours in water with either soda or charcoal; the latter will sweeten them when they are apparently spoiled. English and French cooks never wash poultry or game in dressing. With skill in dressing, it is not necessary on the score of cleanliness, and much washing tends to impair the fine flavor, especially of game. The female is the choicer fowl.

Sportsmen, wishing to keep game in very hot weather, or to ship long distances, should draw the bird as soon as killed, force down the throat two or three whole peppers of the small variety, tying a string around the throat above them, sprinkle a little powdered charcoal inside, and fill the cavity of the body with very dry grass; green or wet grass heats and hastens decay. If birds are to be shipped without drawing, force a piece of charcoal into the vent, and tie a string closely around the neck to exclude all air, and hang up by a loop in the string. Prepared in this way game will bear shipment for a long distance.

CHICKENS.—When fresh, they are known by full, bright eyes, pliable feet, and soft, moist skin. Young fowls have a tender

skin, smooth legs and comb. In old fowls, the legs are rough and hard. The breastbone of a young fowl is soft, and may be easily bent with the fingers; the feet and neck are large in proportion to the body. The best fowls are fat, plump, with skin nearly white, and the grain of the flesh is fine. Old fowls have long, thin necks and feet, and the flesh on the legs and back has a purplish shade. Fowls are always in season.

DUCKS.—Young ducks feel tender under the wings, and the web of the foot is transparent; those with thick, firm breasts are best. Tame ducks have yellow legs; wild ducks reddish ones.

WILD DUCKS.—If fishy and the flavor is disliked, scald a few minutes in salt and water before roasting, or parboil with an onion inside. If the flavor is very strong, the duck may be skinned, as the oil in the skin is the objectionable part. After skinning, spread with butter, dredge thickly with flour, and bake in a very quick oven.

GEESE.—In young geese, the bills and feet are yellow and supple; the skin may be easily broken, the breast is plump, and the fat, white; an old goose has red and hairy legs, and is unfit for the table.

PHEASANTS AND QUAILS.—Yellow legs and dark bills are signs of a young bird. They are in season in autumn. Pigeons should be fresh, fat and tender, and the feet pliant and smooth. In fresh prairie chickens, the eyes are full and round, not sunken; and, if young, the breastbone is soft, and yields to pressure. The latter test applies to all fowls and game birds. Plover, woodcock, snipe, etc., may be chosen by the same rules.

TURKEYS.—They are in season in the fall and winter, but deteriorate in the spring. Old turkeys have long hairs, and the flesh is purplish when it shows under the skin on legs and back; when good they are white and plump, with full breast and smooth, black legs; and the male has soft, loose spurs. The eyes are bright and full, and the feet supple. Absence of these signs denotes age and staleness. Hen turkeys are inferior in flavor, but are smaller, fatter and plumper. Full-grown turkeys are best for boning or boiling, as the flesh does not tear in dressing.

In dressing poultry for market, secure plump, well-fatted fowls. Do not feed for at least twenty-four hours before killing. Open the veins of the neck and bleed freely; this is the best mode of killing. Scald enough to make the feathers come off easily, and pick carefully so as not to break the skin or bruise the fowl, as it injures the sale. Draw the entrails, but leave the head and feet on. After they are dressed, dip once in boiling hot water for ten seconds, and in ice-cold water for the same length of time; hang in a cool place where they will dry before packing. Ducks should be treated in the same manner. Pack in barrels, or boxes, in nice, clean rye, or oat straw. Boxes holding from 100 to 200 lbs. are the most desirable packages. Pack with breasts down, using straw between each layer. Pack solid so they will not bruise on the way. Poultry prepared in this way will sell readily, while poorly dressed, sweaty (caused by being packed while warm) and bruised lots will not realize half the price.

Large, fat, dry-picked turkeys and chickens sell well. They should be picked immediately after killing, and hung up until cold before packing. Remember, it is the appearance of goods that sells them. Large, plump fowls, of all kinds, bring the highest prices. Ship to reach the market by Wednesday or Thursday of each week. If shipped for the holidays, they should arrive at least three days before Thanksgiving, Christmas or New Years. Geese sell best at Christmas.

GROCERIES.

American isinglass, arrowroot, oatmeal, pearl-barley, tapioca, sago, macaroni, and vermicelli are articles which may profitably be bought in quantities, unless the family is very small. Keep in close jars, boxes, or covered receptacle that will secure them from worms, flies, etc.

Buckwheat flour, rice, and hominy should be purchased in small quantities and kept in closely-covered jars. Look carefully through all these articles, as they are sometimes infested with insects. A stringy, web-like substance is occasionally found in oatmeal, corn meal, crackers, etc. It is an indication of worms, and shows that they are old and unfit for use. Especially is this the case with

corn meal. It is best therefore to buy it in small quantities. In the South the white meal is preferred, while in the North the yellow is the favorite. Corn is an excellent diet in winter, as it produces more heat than wheat flour.

Flour should be purchased in quantities suited to the size of the family, as it is not best to have too large a stock on hand lest it become musty or injured in some way. Flour made from new wheat is not so good for bread as that made from wheat at least five or six months old. As flour will readily absorb dampness and odors, it should be kept closely covered in a dry, cool, airy room, where no other eatables are stored.

CHEESE.—That which feels soft under pressure is richer and better than hard cheese. Keep covered in a cool, dry place.

EGGS.—The exact age may be approximated by making a solution of common salt and water, about two ounces to the pint. Put in the egg, and if it be only a day or so old it will sink to the bottom; if three days old it will float in the liquid; if more than five it will come to the surface, and will rise above in proportion to its increased age.

LARD.—Many housekeepers will not use lard at all, but, where butter cannot be afforded for pastry, the next best thing is leaf lard rendered at home.

MACARONI.—If good, it will not break in cooking, and swells to four times its bulk in a dry state. The best macaroni is of a yellowish color.

RAISINS.—The best come in small boxes. They should be bought as they are wanted, as they do not keep well.

RICE.—Carolina rice is the best. It cooks quicker, and is nicer than India rice.

SAGO.—The best sago is the small, white variety, called pearl.

SALT.—Keep it in a very dry place, closely covered. The best table salt comes in boxes. In wet weather the salt in the salt-stands becomes damp unless a little cornstarch is mixed with it.

HARD SOAP.—It is cheaper if bought in large quantities, and should be laid up to harden; it wastes more if soft, as it usually is when first bought.

SPICES.—These should be bought whole, and ground fine in a

hand-mill. This is some trouble, but adulteration and dirt is prevented.

STARCH.—It comes cheaper if bought in large quantities, and the best starch is the most economical.

SUGAR.—Keep a variety of sugars on hand for different purposes, and the results will be much more satisfactory as well as economical. For fruit cake, gingerbread, most Indian puddings and mince pie, use brown sugar. Use powdered sugar for most kinds of nice cake, icing, floating island, whips, meringues and blancmange. For jelly, sweetmeats, and raspberry vinegar, use granulated sugar.

TEA AND COFFEE.—They are cheaper if bought in considerable quantities, but they must be kept in tightly-covered glass or tin cans, or they will lose their fine flavor. Some brown and grind coffee just before it is made. The best flavor is thus secured, and the chances for adulteration are reduced to the minimum.

VINEGAR.—Apple juice, as a basis, and sweetened with maple syrup, or sugar, is the best. Make the juice quite sweet, put it in a cask and set in a warm, airy place; cover with a cloth and tie tightly to exclude flies. Shake the cask occasionally, as the vinegar will make more readily. In a few weeks it will be ready for use if the conditions have been right. Vinegar will not make if set in the cellar while fermenting; though it may be kept there when ready for use. If the vinegar is very strong it will destroy pickles, and it should be weakened with water; one pint of water to a gallon of vinegar is sufficient.

VEGETABLES AND FRUIT.

Fresh vegetables are crisp; wilted vegetables can be partially restored if they are sprinkled with cold water and laid in a cool place. Fruit should be fresh and firm, whether it belongs to the short-lived varieties or has a more enduring nature. It should be kept in a dry, cool place.

APPLES.—For spring and winter use they can be barreled, as for market, and buried in a deep trench, wide enough to hold a barrel when on its side, and long enough to hold several barrels. Cover first with straw and then with earth. Apples buried in this

way are better flavored than those stored in cellars, and usually are found in good condition.

BERRIES.—Buy only when fresh; they should look dry and bright, otherwise they are stale and unprofitable. Avoid berries that look damp and crushed, as fermentation has probably taken place. Such berries are good only for making vinegar.

GRAPES.—Place them in large, flat boxes, or tins, in a cool, dry storeroom. Be careful to pick off the imperfect grapes from day to day.

PEARS.—They should be gathered before fully ripe and left to ripen in a cool storeroom.

CABBAGES.—They should always be pulled up by the roots, the dirt shaken off, a few loose leaves removed, and then hung by a strong cord on nails driven into the joists in the vegetable cellar. Only hard, perfect heads should be put away for winter use. Frequently farmers dig a ditch, line it with straw, and place the cabbages in it heads down, roots left on, and cover first with straw and then earth.

CAULIFLOWERS.—These are best when large, solid and creamy. When stale, the leaves are wilted and show dark spots.

CELERY.—The stalks should be white, solid and clean. Celery may be had in August, but it is better and sweeter after frost. Bury in dry sand in the cellar.

CORN.—Genuine sweet corn has large kernels, grown compactly together. The small-kerneled, loosely-grown corn found in many markets, is not sweet corn at all, but a kind of tasteless white corn. When ripe, the kernels of sweet corn are much wrinkled and seamed.

EGGPLANT.—It should be firm but not ripe. The large, purple, oval-shaped variety is best.

HERBS.—Gather on a dry day, tie in bundles and label them. The medicinal ones should be wrapped in paper and the air excluded from them. Every housewife should have an abundance of herbs both for medicinal purposes and to flavor soups, dressing for fowls, etc.

MUSHROOMS.—They are dangerous things for inexperienced persons to buy.

ONIONS.—Keep in boxes away from all other vegetables and fruits.

PARSNIPS.—They are much better if left in the ground until spring. If the climate is very cold they may be buried in pits in the garden.

PEAS.—They are fresh when the pods feel cool and dry; if they are rusty or spotted they are too old to be good. Set them fifteen minutes in cold water before podding.

POTATOES.—Select those of medium size, and smooth, with small eyes. Cut off a piece of the large end; if spotted, they are unsound. In the spring, when potatoes are beginning to sprout, put them, a basket at a time, in a tub; pour boiling water over them; in a moment or two, take out, spread them to dry, and then return them to the cellar. If sprouts have started, rub them off. They should be dug in dry weather and stored in a cool, dry cellar. After digging potatoes, put them at once in baskets, and take them to a shady place to await storage or marketing. Leaving potatoes lying in the sun after digging, injures them for cooking.

PUMPKINS.—Keep in a cool place. A granary is often better than a cellar, except in the coldest weather.

SQUASHES require a cool, dry place.

TOMATOES.—The medium-sized, smooth ones are best.

TURNIPS.—They are not very nutritious, being ninety per cent. water, but are palatable and wholesome. Rutabagas, or Swedish turnips, should be laid on the bottom of the cellar. Leave flat turnips in the ground until frosty weather, as they do not keep well in cellars.

THE STOREROOM.

Every house should contain a cool, airy and dry storeroom for articles which it would not be desirable or convenient to keep in the cellar. A northeastern corner room is preferable to any other location, and rows of shelves should be built on two sides.

If the storeroom is near the kitchen, the "kitchen cabinet" may be kept there. This is a useful piece of furniture, containing a moulding board, rolling pin, and all the accessories for baking, in

a small space. Here may be kept the bread and cake boxes or jars, barrels of sugar and flour, etc., sacks of meal and green coffee, canisters or caddies of tea, packages of fine grains, boxes of spices, raisins, dried fruits and crackers, pots and jars of preserves, and bottles of flavoring powders or extracts. All jars and boxes containing supplies should be labeled, so that anyone can find the article desired.

Roasted, ground, or powdered coffee should be purchased in small quantities and kept in glass jars with closely fitting covers.

Lemons will keep fresh for weeks if placed in a bag of cornmeal. Eggs keep nicely if turned every two days.

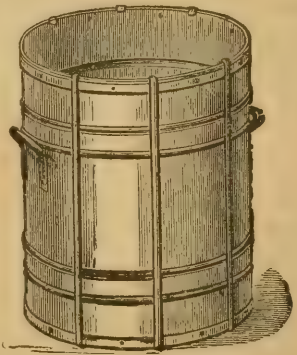
An adjustable shelf is a great convenience in the storeroom, and a pair of scissors, a ball of twine, a few nails, a hammer, some writing paper with pen and ink, a pencil or two and a table, will be found useful. Attach a pencil to a small blank book, label it "want-book," hang it by the window, and when anything is needed write it down, and refer to it before going to market.

Keep the storeroom sweet and clean.

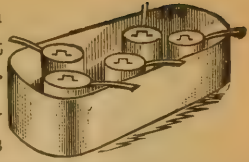
VARIOUS CONVENIENCES.

Besides the usual kitchen furnishings there are numerous labor-saving utensils which, though not absolutely essential, are desirable. A few of these will be given with illustrations.

ASH BARREL.—Many a destructive fire originates in carelessness in the handling of ashes. They are thrown out in improper places or placed in wooden receptacles, and a fire breaks out from some "unknown cause." A proper ash barrel is made of metal, should be so heavy as not to be easily bruised, and should be provided with handles. The one represented in the cut, when used for coal ashes, is provided with a sieve which holds and saves all the unconsumed coal, while it allows the ashes to pass through.



BAIN-MARIE.—This is a very useful open vessel which is kept filled with hot (not boiling) water on the back of the stove or range, or in some warm place. In this several saucepans, or large tin cups with covers and handles, are fitted to hold the cooked dishes which are to be kept hot until the dinner is served. It is also convenient for sauces, and vegetables used for garnishing meats, which cannot be prepared at the last minute.

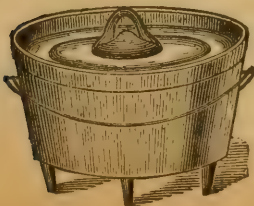
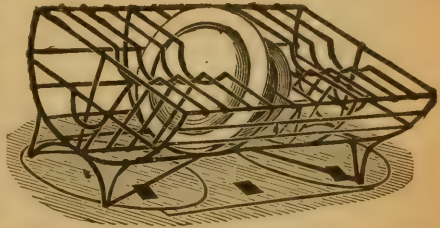


BREAD TOASTER.—This toaster can be used over a gas, gasoline or coal stove. The food is protected from the flame by gauze, so that no taste or smell of flame will be upon it. It can be used for broiling meat.



CUPBOARDS.—For china, glass and silver, a corner cupboard with glass doors is a pretty and useful piece of furniture, and takes little available room.

DISH WARMER.—This is made of wire, with feet to set on a stove. Nothing spoils a meal so effectually as cold plates, but when placed in the oven they are likely to become too hot, and fine wares are ruined by over-heating. With this there is no danger of over-heating, or injury. It may be used as a dish drainer, and is equal to the best made specially for the purpose.

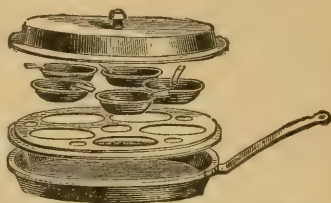


DUTCH OVEN.—The cut represents the old-fashioned Dutch oven, an iron kettle with a heavy tight-fitting iron lid. This is often used for outdoor cooking. The oven is lowered into the ground level with the top, and the lid covered with live coals. There is no oven which bakes pork and beans and imparts the same delicious flavor.



EGG BEATER AND CREAM WHIP.—Used for eggs in omelets, and eggs and sugar in icings, for cream in charlottes, syllabubs, etc. The glass holds one quart, and is marked for measuring.

EGG STEAM POACHER.—Eggs cooked by steam are more delicate than when immersed in hot water. Unless

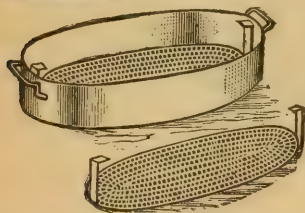


a cook has a utensil made expressly for this purpose her efforts will fall short of perfection.

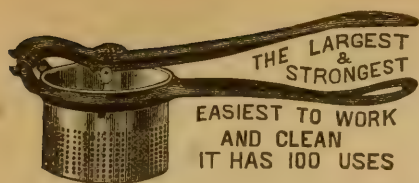


PASTEUR GERM-PROOF FILTER.—Water, which is not absolutely pure, should never be used unless filtered. The "Pasteur" filter may be attached to any water pipe and removed at pleasure.

FISH-KETTLE.—The fish is placed on the perforated tin sheet which is put into the kettle of water; when done remove the sheet with the fish unbroken. It may be placed, for a moment, over an empty iron kettle on the stove and allowed to drain and steam. Slip carefully on a napkin and place on the hot platter for serving.



FORMS OF GLASS OR TIN.—These are convenient and attractive to use for flowers in decorating the table. Choose a fanciful form and fill with water or wet sand. The flowers should conceal the form entirely. It is a pretty courtesy to use small forms, in the initial letters of the guests, at their respective places at the table.



FRUIT PRESS AND STRAINER.—This is an article which no busy house-keeper should do without. For mashing, pressing or straining berries, fruits or

vegetables it is invaluable.



GRIDDLE OF ARTIFICIAL STONE.—This is a new article for the kitchen, is light and durable, and does away with

the grease and smoke in baking pancakes. Soapstone griddles are often used, but this is cheaper and equally good.



QUINN'S PATENT DISH AND DISHCLOTH HANDLERS.—These will prove a blessing to many house-

keepers. The "Handlers" are simple in construction, and one may soon become expert in their use.

HASSOCKS.—Worn-out hassocks can be prettily covered, and made useful for footstools, with cuttings from carpets. Cut them into squares, bind them with the common braid used for the bottom of ladies' dresses, and sew the pieces together; a long piece, bound top and bottom, will go round the stool to which the top is sewn, and a piece of strong, glazed lining will serve for the under part. If a round shape is preferred, the pieces of carpet must be cut into triangles.



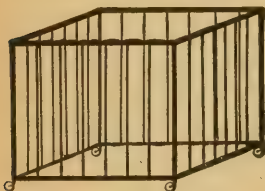
GAS HEATER.—This slips over the gas burner, and furnishes a secure stand on which to set a cup, or teapot, when it will heat in a few moments. It is invaluable in a sick room, or nursery, in a house where gas is used. There are other styles also in use. The Vim Gas-Burner stove is guaranteed to boil a quart of water in three minutes. There is a contrivance for heating over a kerosene

three minutes.

lamp which is very useful. It can be attached to the lamp chimney without breaking the glass or smoking the chimney.

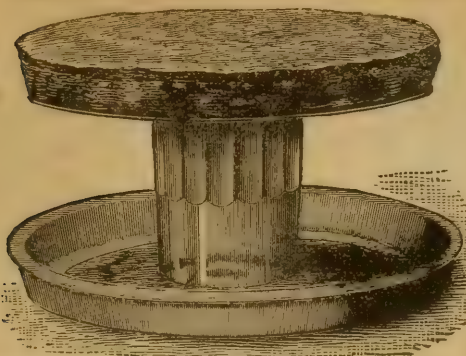
PERFUME LAMP.—To perfume apartments delicately; to remove the odor of tobacco; to freshen the atmosphere of the sick-room; and to disinfect generally, this little article will be found to be worth many times its cost.

TO MAKE A MAT.—This is good work for children. Take a ball of twine and a large needle, cut pieces of woollen cloth, muslin or silk, into inch squares, and thread these on the twine until three yards are covered. Then cut the twine and fasten it well to prevent its slipping, and roll it round and round, taking long stitches through and through to keep it steady and flat. When quite firm, take a large pair of scissors, and, laying the mat flat, cut the rough edges until the mat is pared to nearly half its former thickness. It should look like a child's worsted ball, is the same on both sides, and if well done is warm and pretty. These mats were made during the war by Southern ladies. To make the mat square instead of round, cut the twine into the lengths required, and after stringing on the pieces of cloth, lay them side by side and sew them firmly together. Make a border of one color.



CHILD'S PEN.—It is not only troublesome but dangerous for small children, just able to toddle about and get into mischief, to be free to go where they please. The mother, if she has the care of the house, cannot safely leave the child for a moment. This pen is a perfect protection for the child. It is too high to be climbed over, it moves easily as the child walks about on the floor, and the mother is comparatively free to attend to other work. With a warm flannel blanket on the floor, and playthings, the child will amuse itself here a long time. A cheaper substitute may be made of a light dry-goods box without bottom, with casters attached. A box with blankets in the bottom is an excellent place to put a child, when the mother is necessarily absent for a short time. It is safe from harm, even if it cries.

PERFECTION CAKE TIN.—The cut shows the method of removing the tin from the cake.

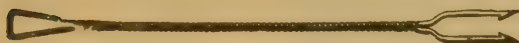


ones are used for pies and layer cakes.

Place the tin on a tumbler or bowl and the rim will drop to the table, leaving the cake whole, and supported by the bottom of the tin. The tins come in ten different sizes and styles. The shallow

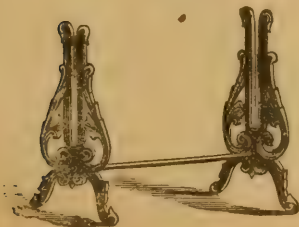


POTATO SLICER.—A slicer is necessary to cut Saratoga potatoes. The one represented has an adjustable knife regulated by the screws at the sides, so that a potato is cut into thicker or thinner slices by simply passing it over. This slicer is excellent for cabbage, or for onions to serve with cucumbers; cabbage must not be cut too thin, as it is less crisp.



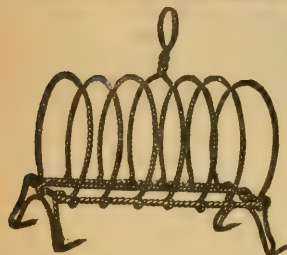
PICKLE FORK.

—This is intended for removing pickles and olives from deep jars or large bottles. The barbed tines make sure of holding a pickle every time.

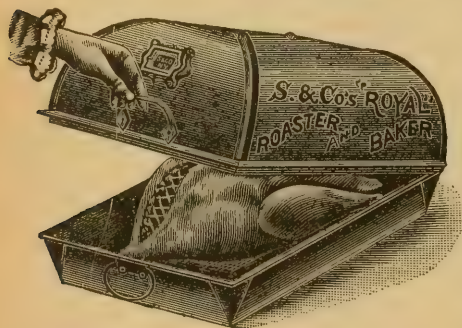


RACK FOR BLOWER.—One of the most difficult things to dispose of, after it has served its purpose in kindling a fire, is the blower, because it is so hot. The rack solves this difficulty, and there is a place to put the blower after its work is done.

RACK FOR SPICE.—The cut represents a neat rack in which is set small cans containing spices. The handle is a convenience, and the rack may be kept close at hand while cakes are made, and when the work is done set away on a shelf or in a cupboard until needed again.



RACK FOR TOAST.—Toast, to be palatable or healthful, must be dry and crisp, and to keep it in this condition, after toasting, the slices must be kept apart, to prevent their gathering moisture and becoming tough. The English, who are very fond of dry toast, place it upon the table in a toast rack, which preserves its quality and crispness. Silver racks are costly, and out of the reach of the masses, but the rack here represented is made of white wire, and is as neat and clean as silver, and very cheap.



In a large family two will be required, as the delicious quality of the toast prepared in this way creates a lively demand for it.

ROASTING PAN.—Every kitchen should be supplied with a self-basting pan, as the flavor and juiciness of meats thus cooked is much better preserved than in an open pan.



STRAINER.—This strainer has an extension wire frame which is made to rest on the top of a

pan, jar or pail. It is made of several degrees of fineness for various purposes.

SUBSTITUTE FOR CASTERS.—Casters on heavy chairs, tables, bedsteads, etc., are always getting out of order, and are very destructive to carpets. A substitute, which is an improvement, is a polished half-globe of steel, with a screw projecting from flat side. This screw is turned into the bottom of the chair-leg, and the rounded and polished surface rests on the floor or carpet, and the chair is moved with ease and with little friction to the carpets.



SPONGE BASKET.—A sponge, especially when damp, is a nuisance. If hung up it moistens the wall, and if laid down it is in everybody's way and gathers dirt. The simple, neat and cheap wire basket which hangs on the wall is a good receptacle for it, or a three-cornered piece of oil-cloth, sustained by a string fastened at each corner, is good for the same purpose.



TREE PRUNER.—This is a convenience for the tidy farmer and fruit-grower. Simple in construction it is less liable to get out of order than more elaborate ones. Full directions come with the implement.

TROUSER STRETCHER.—Where there are several men and boys in a family, a trouser stretcher will be found a great convenience, and saver of money also, as it removes wrinkles and prevents bagging at the knees, thus restoring the length and shape of the trousers.



VEGETABLE TONGS.—This is a convenient kitchen implement for turning meats or taking vegetables out of the oven or the kettle. It is neat, durable, and cheap.

BETWEEN TIMES.

THOUGH no intelligent housekeeper finds time to waste, yet there are ways by which she may increase her revenue and her enjoyment without interfering with strictly household duties. And the effort to keep informed through books and papers as to the best methods, together with the variety of work, will benefit her in many ways.

BEE KEEPING.

Let no one engage in bee keeping with the idea that because bees gather honey from fields, woods, and the neighbors' gardens, and work while others play, they will give something for nothing, and are therefore a profitable investment.

Bees are industrious, intelligent, and of a foraging habit, but their efforts must be directed by common sense, a steady hand, and an industry as untiring as their own. There is no doubt that there is a profit in keeping bees, if well handled, but that it is a losing business, if left to take care of itself, is a fact that cannot be too often reiterated.

In purchasing a colony of bees the buyer should know something of their habits as well as what constitutes a good colony. For instance, one colony sells for five dollars while another sells for ten. Both are equally well hived, are of the same age and variety, and both have a queen. On opening the hive of the ten-dollar colony, the bees pour out until the air seems filled with them, but on opening the five-dollar colony only a few bees come out, and a few crawl over the frames. They are weak, and however good a chance is given, it would take all summer for them to grow strong, and store honey enough for their own keeping. The first swarm are in a working condition, and would send out another strong swarm early, and store up superfluous honey. It would be economy to purchase them; but the weak swarm should be combined with another of the same sort.

A good hive is one of the first requisites for successful bee keeping. The Simplicity Hive, frame, allows ten frames to the hive. The dimensions of the frame give the dimensions of the hive. A standard frame should be, according to Mr. Huntley in the Minnesota Farmer's Annual, "seventeen and three-eighths inches by nine and one-eighth inches, outside measurement. Slats forming this frame are three-eighths of an inch thick, from lumber seven-eighths of an inch in thickness. Both ends of the top bar should extend three-fourths of an inch beyond the ends of the frame. When hanging in the hive there should be a space of three-eighths of an inch between the ends of the frames and the walls of the hive, and the same space from the lower edges of the frames to the bottom of the hive.

"Then nineteen and seven-eighths inches must be the length we must cut the lumber for the sides of the hives, and fifteen inches the length to cut the end pieces. These pieces must be nine and five-eighths inches high. The upper inside edges of the end pieces should be rabbeted out one-half of an inch wide, and three-eighths of an inch deep, to form projections for holding the frames; the ends of the frames will have a bearing of three-eighths of an inch, and there will be a space of three-eighths of an inch at both ends, between the frames and the hive, to allow perfect freedom for the removal of the combs. At the bottom of the front end of the hive, take out three-eighths of an inch, the whole length, to make an opening for the bees to pass in and out. This also gives ample ventilation. If made larger, mice will enter and destroy the combs."

The bottom board of the hive should be loose, and fasten to the outside with buttons, or small wire hooks, and should project at least six inches to form an alighting board. To this board should be hinged a removable board, inclining to the ground, for bees, exhausted by long flight, falling in front of the hive, will crawl up this incline and be saved.

Use wire nails, and see that all corners and ends fit smoothly. Rub all projections of frames with beef suet, to prevent the bees from waxing them down. Keep on hand one or two smooth divi-

sion boards, so that a few frames can be used for the center, thus preventing the bees from getting to the sides of the hive, and making them condense their work in the center. Screw two-by-four scantling, in two pieces, across the bottom board, on which to rest the hive, and to raise it from the dampness. A flat cover is the best, and it should be cleated at the ends, that it may not warp, and be fastened to the hive by hooks. This must be well tallowed, or the bees will fasten it down.

This makes the Simplicity Hive, and the honey is made on the frames to which are fastened wax foundations for comb, to be bought from any dealer. These are cut in a point, the broad side being nearly the length of the frame; by turning the frame upside down, and pressing the broad side on it with a putty knife, it will hang, point down, until the bees work at it, when they will make it fast.

If one wishes bees to produce comb honey, an additional story, called a super, must be added to the hive. This is the exact size of the hive, and fastens to it with hooks, having a catch for the hook on the cover corresponding to that on the hive. This super should be four and five-eighths inches high, and will hold six one-pound boxes one way and four the other. Take the common one-pound boxes, sold cheaply by the hundred, by any dealer in bee-keeping wares, and place them edge to edge, until there are six in a row, with open ends. Cover these with a square of glass to fit, and tie them closely about with twine, and so that a moment will loosen them. Place in the super, openings down, over the frames. Put on the cover, and leave the bees to fill them. If a thin division has been put between the frames and the super, having holes in it for the bees to pass to the boxes, they will not wax the outside. Keep the hives on a stand, under a spreading tree, or in an open house with a tight roof, that they may not be exposed to heavy rains, and let the bees work.

One needs a steady hand and courage in handling bees, and must wear a black bee-veil, which is simply a piece of tarlatan, or mosquito netting, sewed into a funnel, with an elastic in the upper end, to slip over the hat; the lower end can be buttoned into

the dress. Wear gloves, and if a bee should sting do not scream, or brush it off. Use a smoker, blowing into the hive when about to handle the bees. This will render them easy to manage. Do not rush up to the front of the hive, but approach cautiously from the side or rear, and avoid jarring it.

Use an empty hive for the frames as they are taken from the full one, lest the comb become crushed and broken; and with a feather, brush off any bees that crawl over them. Use a regular honey extractor for taking honey from the comb, and if it is nice and white use it again. A honey knife may be used for uncapping the cells, and the centrifugal force will then take the honey out against the sides of the machine, where it will run down and come out at the tap. Use broken corncobs for the smoker. Have extra hives on hand. Keep only Italian bees, as they are good-tempered and hardy, are better workers and better to repel the bee moths and robbers than the black bee. Do not let a colony of bees swarm every time they have a new queen. Let them swarm, if they are strong, once, early in the season, and then cut out the queen cells; if the colony seems to have a good many drones, cut out the drone cells.

There is but one queen to a colony, and she can be told by her long body and short wings. It is a good idea to clip her if she is not to be allowed to go with the swarm, as it is always the old queen which leaves the hive, while the young queen remains. Take her carefully by the left wing, do not catch her in the hand, as the scent remains on her and makes her uneasy, and do not frighten her. With a sharp pair of scissors, clip off nearly one-half of her right wing. She is the only perfect female in the swarm, and lays, if she is a good queen, from twenty-four thousand to forty thousand eggs a day. When the workers think it is time to swarm, they cut out some of the cells in which eggs have been laid, making them larger, and fill them with a different food, called, in bee-keeper's parlance, royal jelly. These cells then produce, in about fifteen days, new queens. The first queen out goes immediately to the other queen cells and stings the occupants to death, herself reigning queen of the hive when the old queen

leaves, as she does at once, with her subjects, or as she has done before the new queen came out.

The drones are the male bees, and there are often four hundred to a colony; their number should be diminished, for they eat the honey, and are only idlers. To do this, cut out the drone comb, which is indicated by cells, larger than those for the workers, yet not filled with royal jelly as for the queen. The comb for the queen is yellow, while that for the drones is white. The larger cells for the queens are detached from the other cells, and perpendicular to the comb; those for the drones are similar to the workers, but larger, and horizontal to the comb.

The workers for a strong colony number thirty or forty thousand, and their average life is from three to five weeks. They make all the comb, and produce all the honey. A queen lives for five or six years, but she is not very useful after the third year. Prudent bee keepers get rid of her then and introduce a new queen.

When a hive swarms, be ready, and if they alight on the limb of a tree, as they often do, put the hive as near them as possible, and brush them gently down to the entrance. If a few can be started in, all will follow. To have the hive please them, it must be perfectly clean, with a few frames of foundation already hung. If the limb of the tree can be sawed off without jarring, it may be lowered carefully and placed in front of the hive, or on a board; set the hive above it, and throw a dark cloth over all. If it is not desirable that the colony swarm a second time, be watchful, cut out all the queen cells, give surplus honey bread, and the old swarm will build up a strong colony.

In the winter, bees should be kept in a cellar, where the temperature will not fall below 38°, nor rise above 40°. It should have no jar, and be well ventilated. Dampness in a cellar is apt to sour the honey, and the bees will die. Look at them often, to see that they are doing well. Bees may be wintered outdoors by having a bee house, and packing well with matting and sawdust between the hives and the sides of the house, and having screen-covered holes at the top for ventilation. Bees must have air, even in their winter sleep, or they will die.

In early spring remove them from the cellar at night, that they

may be settled before it is light enough to fly; cover them while it is cold weather. Be sure that they have enough to eat, and that they have a queen. Feed with a syrup of melted sugar and water; put it in a shallow dish, and place on it a thin, basswood float in which are holes, or the bees will drown. Feed in the morning and at night, removing the food through the day, for fear of robber bees. If food is needed they will carry it all off to the comb. Bees require water, and it may be given them in the same way, with the float nearly filling the dish.

A weak colony winters poorly. Two weak ones will make one strong one by cutting out the queen cells from one and removing the queen. Place this hive near the one having a queen, or, if it is well filled with comb, remove some of this to the other hive, and place the queenless hive over the other, removing the bottom of the one and the top of the other. They will at once join forces, and fill the hive where the queen is; the empty hive may be placed over a strong colony, which will proceed to fill the comb. This may be used for the house, or to feed spring bees.

Book bee keeping is not apt to be successful without practice, and one only learns by buying a good swarm of bees, studying their habits, getting hints from practical and successful bee keepers, and observing how they work. Do not expect to get rich the first year, but take pains, read, study, and do not be afraid to ask questions of those who know; but remember that the man who is most ready to give advice is often the man who never owned a bee in his life. Get the "A, B, C, of Bee Keeping," which is the best work extant on the subject, and make the business a study.

HOUSEHOLD PETS.

BIRDS.—Hard-billed birds, as canaries, and other seed eaters, are easily kept. A clean cage, having the bottom freshly sanded every day, a dish of mixed seed, Sicily, canary, summer rape, hemp, and maw, a cup of fresh water, a bath, a piece of cuttle-fish bone fastened in the cage, with a little lettuce, sweet apple, celery top, or cabbage, daily, and sun and shade, as he prefers, will keep a bird happy and well.

It is good for a bird to be hung in the open air if he will be

safe, and is not in a draught. Keep the bird out of a draught if he is to be free from colds; for colds and filth create nearly all the diseases that birds are heir to. The bird grows hoarse, loses his voice, has catarrh, and something as near roup as it is possible, and dies; a little care at first would have saved him.

Plenty of sweet apple, celery, and green food, will keep a bird from being egg-bound. If a bird is dumpish, and ruffles his feathers, refusing to eat, part his feathers just above the tail. There will appear a yellow blister where the oil bag should be. From some cause this has become clogged, and must be opened. Use a needle to let the accumulated matter out, and dress with sweet oil. If his feet get rough and crusty, soak in warm water, work up the scales with a penknife, and rub with sweet oil. Repeat this process several times a day, until they are well. This trouble is usually caused by a dirty cage. The perches ought to be washed every day.

If the bird picks his feathers, and seems uncomfortable on his perch at night, he is probably troubled with lice. Remove him from the cage to one that is thoroughly clean. Wash his cage in hot water, dry it, and give perches and all a thorough rubbing with kerosene. When it is dry, put the bird back into it, after sprinkling his head, under his wings, and through his feathers with insect powder. At night put a little piece of cotton batting in the top of his cage; get up early and burn it. The batting, if put in each night, and burned in the morning, will soon rid the bird of insects. Hang a little bag of sulphur in the cage.

Do not give much hemp to singing birds except when they are moulting, as it is fattening. Give half a hard-boiled egg, in the shell, now and then. Do not give them sugar, or cake, but a little cracker, plain bread, or a piece of baked potato, is good for them.

Mate the birds in February and March. Make a shallow nest of wire, and cotton or cotton flannel, quite flat on the bottom. The bird begins to set when she lays the first egg, and the eggs hatch accordingly. When the little ones are hatched, feed them on cracker, pounded fine, mixed with hard-boiled egg, and wet with new milk. If it gets sour it will kill the birds. Give the old

bird regular seed, mixed with hemp seed, and plenty of green food. Keep the cage as clean as possible, but do not remove the nest until the young birds show signs of going to roost. When they can feed themselves, scatter a little clean seed, rolled until it cracks, on the bottom of the cage, and begin with a very shallow dish to teach them to bathe. This the old bird will do if let alone. Remove the young birds when they are four weeks old, if they know how to care for themselves, and give the old bird a clean cage and nest, and let her raise another brood. A cage where a bird is setting ought never to receive a severe jar, nor be moved about. Neither should it be hung in a window. Strong lightning will kill little birds. Young birds often commence singing when they are but a few weeks old. Hang their cage in a room with a bird whom they are desired to imitate. They will soon catch his song.

Good canary seed is of a bright color, plump, and easy to crack. Sicily canary is the best; Indian millet is also good.

Soft-billed birds do not eat seed unless it is cracked for them, or is in the soft state. Make a food of roasted beef heart, ants' eggs, blue maw meal, dried currants, dried blueberries, powdered cracker, or toasted wheat bread, dried sweet potato, and a little pea meal. Pound the whole fine, and wet with melted beef suet. Make a variety by adding to the food, for a day, grated carrot, squeezed dry, a little boiled potato, a piece of sweet apple, or flies, meal worms, spiders, ants' eggs, etc. The little, fat, hairy worm, that gets into the oatmeal, when left open, is a delicacy for a soft-billed bird, and is good for him. Dampen a little oatmeal in a paper bag, catch several meal worms, and put them in with some scraps of old leather; tie up the bag lightly, and hang it in the shed, or where it is warm. In a little while there will be as many worms as you want, and they will increase as fast as the bird can eat them. Give chickweed, celery, and fruits in their season. If the bird is loose in his bowels, give dry-boiled rice; if costive, give sweet apple and Bird Bitters.

For parrots, keep in the cage a dish of Sicily canary seed, and feed a mash of stale, toasted bread, and boiled milk. Mix in pounded currants, spices, cayenne pepper, and meats of nuts occasionally. Boiled corn and fruit are good for them. Crackers,

moistened in a little boiled milk, are relished. Never let the food sour. It causes diarrhœa, which is hard to cure. Mocking birds are fed as soft-billed birds.

CATS.—These are kept in many families, and are made comfortable, or uncomfortable, as the family is kind and thoughtful, or otherwise. When kittens, they may be taught to eat bread, vegetables, oatmeal and milk, and other things that the family eat; they may be taught to keep themselves clean, and to ask to go out. The cat should be regularly fed, and her diet should be abundant, but simple; vegetables, boiled, and prepared with a simple gravy, oatmeal and milk, corn-meal gems in milk or with gravy, once in awhile a piece of cooked meat, and for her supper, a saucer of new milk. These will keep her healthy, and happy, if she is otherwise well treated.

In a cold climate it is a great cruelty to compel a cat, that is allowed to stay in the house during the day, to stay out in the cold and storm at night. She would, if not allowed to sleep in the house, prize highly a box, with plenty of old bedding in it, placed against a warm chimney, in an outer chamber. This box may have folds of an old comforter, arranged to form a close cover; tack it high up in front and let it sag back until it is tucked under the bed at the back. The bed can be soft, and thick, with the opening of the box in front, and a piece of quilt hanging down over it. A kitten may easily be taught to put itself to bed here, and will keep up the habit.

To scold cats, and drive them out with the broom, is to spoil them for everything. Such cats usually steal, are poor mousers, and become tramps. Cats appreciate a soft voice, a gentle touch, and real kindness, and will show great affection. When the cat-nip blooms, dry a big bunch for them for winter use, and keep on the plant-stand a pot in which a thrifty sod of grass has been planted. These two things will cure the cat of nearly all the feline ailments. Once in awhile comb her, and brush her, and she will have a handsomer coat.

DOGS.—If properly trained they seldom need to be scolded or whipped. They are very sensitive to changes of voice, and love people who speak gently, and are kind to them. They well repay kindness,

Their food is like that of cats, but the larger breeds require more meat. To avoid a rank odor, provide clean food in abundance, and do not give them tainted meats. Wash often with warm water in which is a little carbolic soap or ammonia. For vermin, examine the dog along the back, and at the roots of the tail, and wash with warm water and a flea soap, found at drug stores. Dry him, comb and brush him, and, parting the hair along the back, blow in Persian insect powder. If the weather is cold, dry him close by the stove, or he will suffer much, and take a heavy cold. If he has a skin disease, or a distemper, wash him well, and get a veterinary surgeon to prescribe for him, as these things are infectious.

Have a kennel for the dog, with a good bed, and keep him clean, warm, and dry, and, as far as possible, out of the company of ill-conditioned curs that roam the streets. Make the cat and dog a part of the family, and, as they are social beings, talk to them; they will soon understand that their own good behavior will cause them to be treated well, and made much of, and causes of complaints for their misbehavior will be few.

Unless one will take care of pets and make them happy, it is better not to keep them at all.

POULTRY RAISING.

Anyone going into the poultry business should begin on a small scale, study, experiment, and work. If one is already in the business, with little knowledge and a miscellaneous stock, she should at once proceed to "clear up" the flock. It is money out of pocket to winter a lot of old fowls, past their prime and usefulness.

Spring and early summer is an excellent time to straighten the poultry yard. Get a basin of corn and call all the fowls about the place for review. Select an energetic, fine looking cock for each ten hens, if the flock is fit to breed from, and, after they have gone to roost, catch these and shut them up. All other males should be confined in fattening pens, for sale or table use. Select from among the hens the old, the broody, the cross, and the poor layers, as far as they are known, and confine them in the fattening pens. Fowls bring a good price in spring and summer. Di-

vide the flock, allowing not more than ten hens to a flock, and give them a good, clean house, and as large an inclosed run as possible.

Keep geese by themselves, where they can have access to a pond of water. If their house can be built on or near a small lake, or even a river, it will be the better for them. An old goose is better than a young one, therefore get rid of the younger members of the flock.

An old turkey is a better mother also, and, if she has been properly looked after, less inclined to range than a young one, which is often shy and inclined to hide with her brood. Turkeys should be kept separate from the hens, and will do better if they can roam the fields.

Ducks should be kept where they can get to water, but need close watching, or they will lay in the mud. They must be housed early at night, and the layers kept in until the egg has been secured. They are prolific layers. Do not keep many over winter.

Pea fowls are too often left out in planning the poultry yard. Always have one pair, and let them run at large. They pay for their keeping with their eggs, which are excellent, and their warning cries tell when danger is near to the coops of other fowls.

When the flock is in close quarters it can be easily watched. If a hen is thrifty, lays good-sized eggs, and an abundance of them, is not inclined to set, and has good points as a table fowl, keep her, no matter if she never heard of "improved breeds." She will be profitable, and will stamp her good qualities on her children. Heredity has as much to do in the poultry yard as it has in the grain bin. Like will produce like. Therefore if you have a male bird, beautiful in plumage, fine in carriage, yet the child of a hen that was a poor layer, a poor mother, and broody, kill him and eat him, for in two years he would spoil the flock. Close watching will soon show the non-layers. Take them out, put them in the fattening pen, and buy your eggs, for setting, of a reliable dealer, who will warrant the qualities you desire.

The Plymouth Rocks, Langshans, Houdans, Wyandottes, and Andalusians are good breeds. The Minocras, of the Spanish variety, are hardy, and excellent layers. The Leghorns are good

layers, but not quite heavy enough for the table. The Brahmas and Cochins are excellent for the table, and lay large eggs, but not as many as the Plymouth Rocks. The Brahmas are excellent for breeding purposes, but the Cochins are clumsy. A mixture of Brahma and Leghorn, or Cochin and Plymouth Rock, gives a good all-around fowl. Full-blooded Plymouth Rocks and Langshans are excellent all-round fowls.

Ordinary stock may be improved by buying males of either of these breeds, from a reliable dealer, and allowing none but the best hens to lay the eggs for setting. Do not use the eggs until after the fowls have been mated ten days; take the broody hens for setters, and keep the others as egg-producers. If an incubator is preferred, endeavor to get the best one possible, but do not waste money on a great many boiled eggs. To set a hen, prepare the nest apart from other hens, and make it of good straw on a shovelful of soft earth; sprinkle thoroughly with Persian insect powder, and set the hen on a few worthless eggs until she fairly means business. Then at night carefully remove those eggs, and slip under her the eggs intended for hatching, having warmed them in water of blood-heat temperature. Thirteen eggs are a good setting. Teach the hen to come off every day for food and water; and see that she is not disturbed by children, or rats who will carry off the eggs.

Hens set three weeks; turkeys, geese and ducks, four. When the eggs hatch, pick out carefully all the broken shell, but do not feed nor encourage the hen to come off for twenty-four hours; then give the hen corn, and coarse dough from mixed meals, but feed the chicks on a dry curd from sour milk, or with bread and hard-boiled eggs, crumbled fine, and slightly moistened with new milk. They will need feeding every two hours. As chickens are astir by four o'clock in the morning, prepare their food the night before, as they must not wait until eight or nine o'clock for their breakfast. Early, little, and often, is a good rule. Keep them quiet for a few days, and then confine the hen in a coop, or in a box with a wire run.

Dampness and cold are death to young chicks, ducks, turkeys, and goslings alike. The young turkeys are most easily affected.

They need a dry box, yet must be unconfined. Make a close pen, in a dry place, a little above the ground, with a door, instead of a slat entrance; fence in a yard around it of boards set on edge. Stake these firmly, and let the old turkey run. She will jump in and out, but will not leave the brood. Drive them into the box on the approach of a shower, or while the grass is wet from dew. Keep the boxes perfectly clean, or the little ones will have gaps and vermin.

Make chicken coops without a bottom, and move them daily; or in damp places use a coop with a movable floor, like the drawer of a mocking-bird cage; it must be cleaned and sanded every day. Chickens moult at six weeks old. Until after this time they are very tender. Dampness or chill will cause diarrhœa. Accustom them gradually to a food of mixed barley, oat, wheat, rye and buckwheat meals, stirred up with water, or skim-milk, to a crumbly dough. Corn-meal dough, unless scalded, is not good for them, being fattening, and too laxative. Often sprinkle all the old hens, the chicks, and the boxes, with insect powder; dryness, warmth and cleanliness ensure almost entire immunity from disease.

Goslings must have green stuff, as grass, lettuce, cabbage, from the first. They should be taken from the mother the second or third day. Drive off the mothers to the lake, and care for the little ones at home, until they are eight weeks old, when they may begin to go with the old ones. Turkeys, geese and ducks, if they run at large, will get their living in the summer and fall, but should have grain at a regular time each night to keep them in the habit of coming home to sleep.

If a fowl has cholera, diphtheria, or roup, unless it is very valuable and can be kept completely isolated from the rest of the flock, kill it at once, as the disease is infectious, and the whole flock may be lost. Roup is known by an offensive breath, discharge from nostrils, and swollen face and eyes. Fumigate the house, cleanse with carbolic acid every dish and drinking fountain, and give Walton's roup pills, sulphur, and copaiba capsules.

For laying fowls, give mixed meals, wet up in milk, at morning and noon, and dry mixed grains at night. Give plenty of clean water all the time. A hen drinks seventeen times a day,

and will not lay without plenty of water. Never let the house and runs be out of clean gravel, broken plaster and lime, scraps of meat, charcoal, and green stuff. Hang up the green clover, cabbage, celery tops, etc., where they can jump and get it. Ventilate; let the house be sunny, but give shade in the runs. Give dusting boxes of clean road-dust, in which is mixed insect powder and sulphur. Keep these boxes in the sun, and freshen often. Make the roosts low, removable, and not one above another.

Keep the flock well culled; those to be fattened and sold should be separated from the others, and fed on corn meal mixed with lard, tallow or drippings. Feed all they will eat, and kill them when the market is good. Poultry raising requires constant watchfulness, carefulness, and the exercise of common sense.

RENOVATING.

There comes, at times, the necessity of cleansing and making over garments, cushions, comforts, draperies, carpets, etc. Unless such work can be well done, it is best not to attempt it at all.

Certain articles, used in cleansing and bleaching, should have their place in every well-ordered household; among these are white castile soap, liquid ammonia, oxalic acid crystals, dissolved in soft water and kept closely bottled, carbonate of ammonia in crystals, soda, acetic acid, naphtha, pulverized soapstone, and soap bark.

Fabrics may be colored at home by using the Family dyes, that come with full directions, and are obtainable at any drug store; these are largely aniline dyes, and are used successfully by those who know little of dyeing.

In ripping garments for cleansing, be careful that the fabric is not cut, torn, or pulled. Use a sharp penknife, and draw the threads where it is possible. When the seams are ripped, and the hems, pleatings, and shirrings opened, go over each piece, remove every thread, and find the spots needing special attention. As grease spots will not show when the cloth is wet, circle them with a light basting thread. Brush the dust off carefully, and lay each piece smooth and straight. If there are moth or other holes that

need attention, darn and mend them before they become enlarged in cleaning.

Cover a smooth board with two or more thicknesses of clean, white cloth; draw it closely and pin together. Lay each spotted piece smoothly on this board. Put fresh blotting paper under the clean grease spots, cover them with powdered magnesia, and set a warm, not hot, iron on them with a cloth over the magnesia. The grease, melting, will be absorbed by the magnesia and the paper below. Repeat the process until clean. If grease is dirty, or colored, make a warm suds of white castile soap and soft water. Use a piece of the fabric, or a small sponge, and sop the spots, pressing hard but not rubbing, until the dirt, or color, yields. Dry, and, if the grease remains, take out as clean grease. If the fabric has a delicate color that will be changed by the application of soap and water, apply naphtha.

Remove spots made by acid with an alkali; a little ammonia in water usually restores lemon, vinegar, or colorless acid spots; use sparingly, increasing the strength until it neutralizes the acid; sop, do not rub, them with a cloth. If the spot results from alkali, use acid, in the same way, to remove it. A fruit stain is often made indelible by washing in soap. If water will not injure the goods, lay the spot over a deep dish, and pour boiling water through it until it is gone.

Black iron rust yields to oxalic acid. Red iron rust must be treated with muriatic acid. Both acids and alkalies are destructive to many fabrics, and should be immediately rinsed with water, in which is a little soda, when the spot has yielded to them.

Crystals of oxalic acid, dissolved in a bottle of water until but few crystals remain in the bottle, may be used for ink and leather stains, and for fruit stains on the hands.

Muriatic acid dissolved in water is excellent to restore many faded colors of the aniline variety.

When ink or iodine has been spilled on a carpet, make a thick paste of common starch and water, spread on the spot, to the depth of half an inch, and leave it to dry. If the spot has not disappeared when the crust comes off, repeat the process.

Coffee stains may be removed as ink stains, or by soaking in cold

water; tea stains by washing in cold, soft water; and colors which have been injured by washing in soapsuds may be restored by rinsing in water to which a little vinegar has been added. Fabrics that are not to be washed may often be sponged on the right side with a piece of the same goods wet in soft, warm water, until they are evenly dampened. Press on the wrong side with a moderately hot iron until smooth.

Black silks may be sponged with water in which potatoes have been boiled, and fastened smoothly to a well-planed board which has a tight cover of calico. If it is sponged on the right side until clean, then turned on the covered board, fastened exactly as the piece should lie, sponged again and left to dry, it will come off looking like new; but ironing silks and ribbons, especially grosgrain silks, gives them anything but a desirable appearance.

The soft china silks often wash as well as white cloth.

Embroideries and laces must always be pressed on the wrong side to throw the design into relief.

Mildew on white cottons and linens is a fungus growth, and great care must be taken not to injure the fabric in its removal. If only lightly mildewed, rub the spot between the hands in sour milk, or in vinegar and water, and dry in the sun; repeat the process until it is gone. With the worst cases the garment should be laid in the hot sun at once to destroy the germs, and the places touched with a feather dipped in oxalic acid slightly reduced with water. Rinse out and repeat till clear. A little ammonia or soda should always be added to the last rinsing water to neutralize the effects of the acid.

Tar and pitch may be slightly scraped with a dull knife, but not to injure the fabric; rub clean oil or lard, with the finger, into both sides of the spot until it softens, and then wash with clean, hot suds.

Grass stains can be removed, before washing, by sponging with alcohol, or soaking in camphor and bleaching in the sun; but they are very stubborn after they are set.

Cheap laces and woollens, that are yellow, may be carefully washed in clean suds, rinsed, and hung in a closely-covered box and whitened with burning sulphur. The fumes combine with the

dampness, and bleach beautifully. Take care that the vessel containing the burning sulphur is not close enough to scorch the articles. In bleaching with sulphur, one should keep the mouth and nose covered with several thicknesses of wet cloth to avoid inhalation of the fumes while covering the box.

Comforts, with all the brushing, airing, sunning, and care that it is possible to give them, should be made over every second year. While blankets and quilts may be washed, mattresses made over, and feathers renewed and cleansed, comforts often are left, year after year, to absorb the exhalations of the body. Cut or rip off the binding, and cut every tie with a pair of sharp-pointed scissors. Take the comfort into the shed, and open carefully by removing first one side and then the other. If these are suitable to use again, lay away for washing, and take the batting to the line, where it may be lightly whipped to remove the dust. Do this in the spring while there is snow, so it may be spread on the fresh snow, or, better, the crust that forms by warm days and cold nights. Leave it, and occasionally turn, or remove to a clean place until it is clean and fluffy. In the meantime prepare the outside. It will be an easy day's work, now, to make the comfort as good as new.

Many draperies may be washed, and many not washable may be freed from dust and cleaned with naphtha.

Most carpets may be freshened by freeing from dust, removing spots, and wiping carefully with ammonia water.

This is an excellent cleansing fluid: Cut two ounces of castile soap into a pint of soft water, and heat until the soap is dissolved. Add one quart of cold, soft water, one ounce of ether, one ounce of alcohol, and two ounces of ammonia. Shake well, bottle, cork tightly, and keep for general use. In washing fast-colored fabrics use a cupful to a pail of soft water. Wash quickly and rinse.

An article to be dyed must be freed from dirt and grease. Use none but clean utensils in the work. Bright copper and tin vessels are best for most dyes, though iron may be used in a few cases.

Logwood chips, well boiled, are more satisfactory than extract of logwood, and their color holds better.

Where woods and gums are used for dyeing, it is necessary to

boil them in thin bags, or to strain the liquid after boiling. No fabric should be immersed in a dye containing sediment or undissolved particles.

All goods should be thoroughly wet in warm, soft water before dipping into the dye; then shake out well and air. Every dye should be made with pure, soft water, and in a sufficient quantity to thoroughly soak the goods without crowding.

There should be a lifter or two strong enough to hold the goods up from the vessel to air. Goods in scarlet, black, or almost any color, must be continually lifted, and opened, and immersed again, until they are of an even color, and of the right shade. A neglect in this respect will ensure striped and spotted goods. Scarlet and blue goods may be rinsed in mild vinegar-water after dyeing, and black should be well washed in soapsuds and rinsed in clear water. Hang out smoothly to dry, and put delicate colors in the shade.

Full directions come with each package of prepared dyes, and success is almost certain. Some of the most important recipes in using drugs are given below.

COTTON.

JET BLACK.—For twenty pounds of goods use five pounds of sumac in a tub of cold water; after the cloth is thoroughly wet, wring it out and shake well; repeat the operation three times, and let the cloth remain all night in the sumac water. In the morning wring out, dip into a tub of weak lime water and wring dry. Dissolve two pounds of copperas in a tub of cold water, adding a pailful of the sumac liquid. Dip in and wring out the cloth six times; put the cloth into the lime water again after two pailfuls of fresh lime water have been added. Add six pounds of logwood and one pound of fustic, previously scalded, to another tub of water; put in the cloth and wring out, and dip it ten times; lift out, darken the liquid with a little copperas, and return the goods once more. A purplish-black is obtained by omitting the sumac.

BLUE.—Use half a pound of copperas to color ten pounds of goods. Boil and dip for twenty minutes; dip in soapsuds and return to the dye three or four times. Make a new bath with two

ounces of prussiate of potash, and one-third of a pint of oil of vitriol, and boil the goods in it half an hour; rinse and dry.

BROWN.—Catechu, or terra japonica, gives cotton a brown color, blue vitriol turns it on the bronze; green copperas darkens it, when applied as a mordant and the stuff boiled in the bath boiling hot. Acetate of alumina, as a mordant, brightens it. The French color named "Carmelite" is given with catechu one pound, verdigris four ounces, and sal ammoniac five ounces.

GREEN.—For ten pounds of goods, use two and a half pounds of fustic, two and a half ounces of blue vitriol, one pint of soft soap, and four ounces of logwood chips. Soak the logwood over night in a brass vessel; put it on the fire in the morning, adding the other ingredients. When quite hot it is ready for dyeing; enter the goods at once, and handle well. Different shades may be obtained by letting part of the goods remain longer in the dye.

PINK.—For ten pounds of goods, use one pound of redwood chips, and half a pound of muriate of tin; boil the redwood one hour, and turn off into a large vessel; add the muriate of tin, put in the goods and let it stand five or ten minutes.

YELLOW.—For ten pounds of goods, use one pound of sugar of lead; dip the goods two hours. Make a new dye with half a pound of bichromate of potash; dip until the color suits; wring out and dry; if not yellow enough, repeat the operation.

SILK.

ROYAL BLUE.—For ten pounds of silk, make up a tub of nitrate of iron at six degrees, to which add one pint of good muriate of tin and four ounces of tartaric acid; wring out and return, repeating for an hour; in another tub, prepare one and a half pounds of dissolved prussiate and one gill of oil of vitriol. Wash the goods out of iron tub, and put into prussiate tub; repeat in iron twice, and once in prussiate; wash out of the iron, and put in a tub in which oil of vitriol has been dissolved, until it tastes sour; give six wrings to clear of any rust that may adhere to it. More prussiate will produce a darker, and less a lighter color, but the same quantity of iron and tin must be used.

BROWN.—Dissolve one pound of annatto and four pounds of pearlash in boiling water, and pass the silk through it for two

hours; take it out, squeeze well and dry; give it a mordant bath of alum, and pass it through a bath of Brazil-wood and another of logwood, to which a little green copperas has been added; wring it out and dry; afterward rinse it well.

GREEN.—Boil green ebony, in a bag, in hot water. Pour off the clear, hot liquor and handle the silk in it till of a bright yellow color. Put a little sulphate of indigo into water, and dip in the goods until of the desired shade.

LILAC.—For five pounds of silk use seven and a half pounds of archil; mix it well with water and boil a quarter of an hour; dip in the silk quickly, then cool, and wash it in soft water.

MULBERRY.—For five pounds of silk use one and a quarter pounds of alum; dip fifty minutes; wash out; make a dye by boiling together five ounces of Brazil-wood and one and a quarter ounces of logwood; dip in this for half an hour; then add equal parts of Brazil-wood and logwood until the color is satisfactory.

SLATE.—For a small quantity, take a pan of warm water and a teacupful of logwood liquor, pretty strong, and a piece of pearl-ash the size of a nut; handle gray-colored goods for a little time in this liquid, and it is finished. If very much logwood is used, the color will be too dark. For a straw color on silk, use swartweed; boil in a brass vessel, and set with alum.

VIOLET.—A good violet dye for silk or wool may be given by passing the goods through a solution of verdigris, then through a decoction of logwood, and lastly alum water. A fast violet may be given by dyeing the goods crimson with cochineal, without alum or tartar, and, after rinsing, passing them through the indigo vat. Linens or cottons are first galled with eighteen per cent. of gall nuts; next passed through a mordant of alum-iron liquor, and sulphate of copper, working them well; then worked in a madder bath made with an equal weight of root; and lastly brightened with soap or soda.

WOOL.

BLACK.—For ten pounds of wool or silk goods, use twelve ounces of blue vitriol; boil it a short time, then dip the fabric three-quarters of an hour, airing frequently; take out the goods; make a dye with six pounds of logwood; boil half an hour, dip

three-quarters of an hour ; air the goods, and dip quarter of an hour longer ; wash in strong soapsuds.

BLUE.—For each pound of material take two and a half ounces of alum and one and a half of cream of tartar. Boil them together in a brass or copper kettle for an hour. Take sufficient warm water to cover the goods, and color it to the desired shade with chemic blue. Put all into the copper kettle, and boil it a short time, taking care to stir it all the time ; remove the cloth, wash in clear, cold water, and hang it up to dry.

BROWN.—An infusion or decoction of walnut peels gives wool and silk a brown color, which is brightened by alum. Horse-chestnut peels color brown ; a mordant of muriate of tin gives a bronze hue, and sugar of lead a reddish-brown shade.

DARK SNUFF BROWN.—For ten pounds of goods, take two pounds of camwood ; boil for twenty minutes, and dip the goods for three-quarters of an hour ; then take out, and add to the dye five pounds of fustic ; boil twelve minutes, and dip the goods three-quarters of an hour ; add two ounces of blue vitriol, and eight ounces of copperas ; dip again forty minutes ; add more copperas if the shade is required very dark.

GREEN.—Use equal quantities of yellow oak and hickory bark ; make a strong yellow bath by boiling ; shade to the desired tint by adding a small quantity of extract of indigo. This dye is also used for silk.

ORANGE.—For ten pounds of goods, use ten ounces of argol, and two gills of muriate of tin ; boil, and dip one hour ; then add to the dye five pounds of fustic and one pint of madder, and dip again forty minutes. If preferred, four ounces of cochineal may be used instead of the madder, as it gives a better color.

PINK.—For ten pounds of goods, use one pound of alum ; boil, and immerse the goods fifty minutes ; add to the dye three ounces of well-pulverized cochineal and twelve ounces of cream of tartar ; boil, and enter the goods while boiling until the color is satisfactory.

PURPLE.—For ten pounds of goods, use twelve ounces of alum, one teacupful of muriate of tin, two ounces of pulverized cochineal, and eight ounces of cream of tartar. Boil the alum, tin, and cream of tartar for twenty minutes ; add the cochineal, and

boil five minutes; immerse the goods two hours; remove and enter them in a new dye composed of twelve pounds of Brazil-wood, two pounds of logwood, one pound of alum, two cupfuls of muriate of tin, adding a little extract of indigo, made as follows: Take two pounds of oil of vitriol, and stir into it eight ounces of finely pulverized indigo, stirring briskly for half an hour; then cover it, and stir four or five times daily for a few days. Stir in a little pulverized chalk as long as it foams. It will neutralize the acid. Keep it closely corked.

RED.—For ten pounds of goods, make a tolerably thick paste of lac dye and sulphuric acid, and allow it to stand for a day. Take one pound of tartar, half a pound of tin liquor, and twelve ounces of the above paste; make a hot bath with sufficient water, and enter the goods for three-quarters of an hour; afterwards carefully rinse and dry.

SCARLET.—For ten pounds of flannel or yarn, take two and a half pounds of ground lac dye, one and a half pounds of scarlet spirit, half a pound of tartar, one and one-fifth ounces of flavine, one and one-fifth ounces of tin crystals, and half a pound of muriatic acid. Boil all together for fifteen minutes; cool to 170° Fah.; put in goods, handling quickly at first; boil one hour; rinse while hot before the gum and impurities harden. A small quantity of sulphuric acid may be added to dissolve the gum. This scarlet color bears soap better than the cochineal. Scarlet spirit is made from this recipe: Put two pounds of muriatic acid (22° B.), two ounces of feathered tin and one-quarter of a pound of water into a stone jar, and let it dissolve; use in a few days. The tin is feathered by melting and pouring from a height of five feet into a pail of water. To color yarn, boil eight pounds of yarn one hour with one-half a pound of cochineal, two pounds of young fustic, seven-tenths of a pound of white or brown tartar, and three-tenths of a quart of oxalic muriate of tin.

SOLFERINO AND MAGENTA.—For one pound of woollen goods, magenta, ninety-six grains, apothecaries' weight, of aniline red will be required; dissolve one ounce of aniline in six fluid ounces of alcohol. Many dyers use wood spirit, because of its cheapness. For solferino use sixty-four grains of aniline red, dissolved

in four ounces alcohol, to each pound of goods. One quart of cold water will dissolve these small quantities of aniline red, but the cleanest and quickest way will be found by using the alcohol or wood spirit. Clean the cloth and goods by steeping in weak soapsuds; rinse in several changes of clean water, and lay aside while moist. Add the alcoholic solution of aniline from time to time to the warm or hot dye bath, till the color on the goods is of the desired shade. Remove the goods from the dye bath before each addition of the alcoholic solution, and stir the bath well before the goods are returned. Drop the alcoholic solution into a little water; mix well, and strain into the dye bath. If the color is not dark enough after working from twenty to thirty minutes, repeat the above process of removal, of the addition of the solution, etc., until the color is satisfactory. Rinse it several times in clear water, and dry in the shade. Use four gallons of water for one pound of goods.

VIOLET.—Pass the goods through a solution of verdigris, one of logwood, and lastly alum water. This gives a good color. A fast color is given by dyeing the goods with cochineal, without alum or tartar, and, after rinsing, passing them through the indigo vat. This recipe is used for silk goods. Linens or cottons are galled with eighteen per cent. of gall nuts and passed through a mordant of alum-iron liquor and sulphate of copper, working them well; then worked in a madder bath made with an equal weight of root, and lastly brightened with soap or soda.

WINE COLOR.—For ten pounds of goods, use two pounds of camwood; boil twenty minutes; dip the goods half an hour; boil again, and dip forty minutes; then darken with three ounces of blue vitriol; add one pound of copperas to obtain a darker shade.

STRAW.

BLACK.—Boil three or four hours in a strong liquor of logwood, adding a little copperas occasionally. Let bonnets remain in the liquor all night; then take out to dry in the air; if the black is not satisfactory, dye again after drying. Rub inside and out with a sponge moistened in fine oil, and block them.

BLUE.—Take a sufficient quantity of potash lye, and one pound

of ground litmus, to make a decoction, and then put in the straw and boil it.

RED.—Boil ground Brazil-wood in a lye of potash, and boil the straw, etc., in it.

SLATE.—Soak the straw in strong, warm suds for fifteen minutes, to remove sizing or stiffening; rinse in warm water to eliminate the soap; scald one ounce of cudbear in sufficient water to cover the material, and work in this dye, at 180° of heat, until of a light purple; have a bucket of cold water blued with half an ounce of extract of indigo; work or stir the straw in this until the tint pleases; dry, rinse with cold water, and dry again in the shade. If the purple is very deep in shade, the final slate will be too dark.

SILVER GRAY.—Select the whitest straw, and soften in a bath of crystallized soda, to which clean lime water has been added. Boil for two hours in a large vessel, using for bath a decoction of the following, viz.: one pound of alum, one-tenth of a pound of tartaric acid, some ammoniacal cochineal, and carmine of indigo; a little sulphuric acid may be necessary to neutralize the alkali of the cochineal dye. If the last-mentioned ingredients are used, let the straw remain for an hour longer in the boiling bath, then rinse in slightly acidulated water.

MISCELLANEOUS.

TO BLEACH FEATHERS.—Keep the feathers from three to four hours in a tepid dilute solution of bichromate of potassa, to which a small quantity of nitric acid has been cautiously added. To remove a greenish hue induced by this solution, place them in a dilute solution of sulphuric acid in water; the feathers will become perfectly white.

TO CLEAN OSTRICH FEATHERS.—Cut white curd soap in small pieces; pour boiling water on them, and add a little pearlash. When the soap is quite dissolved, and the mixture cool enough for the hand, plunge the feathers into it, and draw them through the hand till the dirt appears squeezed out; pass them through a clean lather with bluing in it; then rinse in cold bluing water to give them a good color. Beat them against the hand, and dry by shak-

ing them near a fire. Coil each fiber separately with a blunt knife or ivory holder.

TO CLEAN FURS.—For dark furs, warm a quantity of new bran in a pan, stirring briskly to keep it from burning. When well warmed, rub it thoroughly into the fur with the hand. Repeat this two or three times; then shake the fur, and give it a sharp brushing, until free from dust. Lay white furs on a table, and rub well with bran moistened with warm water; rub until quite dry, and then use the dry bran. The wet bran should be put on with flannel; dry with book muslin. Light furs should be well rubbed with magnesia, or a piece of book muslin, against the way of the fur, after the bran process.

TO DYE FEATHERS.—*Black*—Immerse for two or three days in a hot bath of eight parts of logwood and copperas, or one part of acetate of iron. *Blue*—with the indigo vat. *Brown*—by using any of the brown dyes for silk or wool. *Crimson*—a mordant of alum, followed by a hot bath of Brazil-wood, afterward by a weak dye of cudbear. *Pink or Rose*—with safflower or lemon juice. *Plum*—with the red dye, followed by an alkaline bath. *Red*—a mordant of alum, followed by a bath of Brazil-wood. *Yellow*—a mordant of alum, followed by a bath of turmeric or weld. *Green*—take one ounce each of verdigris and verditer, and one pint of gum water; mix them well, and dip the feathers, soaked in hot water, into the mixture. *Purple*—use lake and indigo. *Carnation*—vermillion and smalt. Thin gum or starch water should be used in dyeing feathers.

LIMEWATER.—Put one pound of stone lime and one and one-half pounds of strong limewater into a pail of water. Stir well for eight minutes; wait until the lime is precipitated and the water is clear. Add this quantity to a tubful of clear water.

DAIRYING.

GOOD cows are requisite to successful dairying. There is as much difference, and of the same kind, between one cow and another as there is between the tree that bears large, juicy, finely-flavored apples in abundance, and one that bears bitter-sour, knotty, small crabs.

One accustomed to caring for the milk of a herd of six cows, will readily detect in the dark which pail of milk belongs to one cow, and which to another, by its odor. Some cows, however fed and cared for, give milk with a "cowy" flavor. Though all right in other respects this is a defect that spoils the milk for butter. They should be sent to the shambles.

Some cows give a large flow of milk when fresh, fall off rapidly, and go dry four months before being fresh again. These are not profitable cows, as their board equals their production. Other cows give milk that, however rich in oils the feed given them, has a thin, white cream, and is as blue and thin as if it had been watered. It will require sixty pounds of such milk to make a pound of butter, and cheese made from it will be hard and dry like skim-milk cheese. Dry up and fatten such cows, usually they will fatten easily, and send them to the butchers, for a cow will produce after her kind, and calves from such cows will never be good milkers.

A cow's milk, to be good, should be sweet, containing a good per cent. of sugar; yellow, the cream rising quickly and being adhesive, or, forming a skin on the milk; entirely free from the taste of the barn, and bearing on two quarts at least a pint of good, thick cream. The milk of some cows bears on two quarts a pint and a half of cream, thick enough to whip, and then is good to drink; this is exceptional, and such cows give a small quantity of milk. It is better economy to keep a cow that will give ten quarts of good milk, three hundred and fifty days in a year, than one that will give twice as much of thin, blue milk, and go dry three or four months.

The Jerseys are considered the better butter cows, yet once in awhile a thorough-bred Jersey proves to be very poor. The Holstein-Friesian cows are good, and the Ayrshires are excellent milkers, yet sometimes an old native cow will equal any of these. One may have a good breed, and yet have a very poor cow.

The points of a good cow are: a fine, clear-cut face, with large and prominent eyes, a slender, deer-like neck, prominent milk veins, a large udder, which is soft and elastic, mellow, yellow skin, fine silky hair, and a strong, well-defined spine. Breeders give other points, but these will give an idea of what is needed. A coarse-haired, large, rangy cow often gives a large flow of milk, but is not a satisfactory milker. Milk should be tested, and dairymen should reject every cow which will not yield at least twelve pounds of butter per week in the height of feed.

Proper food is essential. A good cow can be spoiled by feeding on slop, kitchen refuse, foul seed and malt, and by drinking impure water. Cows should be healthy, young, not over ten years, and fed with a variety of foods; as meal from pure grains, bran, a little oil-meal at least once a week, and plenty of good, clean hay; green food, as corn-fodder, which, for winter use, may be kept in a silo, and all the water they will drink. Change the feed occasionally, give them the benefit of variety, and keep salt where they can get it every day. Give plenty of light and fresh air without a draught.

The stable should be clean, light, and comfortable. A cow will give more and healthier milk in proportion as she is comfortable, contented, and kindly used. A cow that is scolded, kicked, and uncurried, and that spends her time in a dark, filthy stable, will never give milk fit to be used.

Another essential is perfect cleanliness about the stables, the milking, and every utensil used in any way for the milk. The pails should never for a moment be set down in the stable, or in any place where there is an objectionable odor, and the place where milk is set for cream or cheese should be used for milk alone, with no odors about it. Milk dishes should be thoroughly rinsed in cool water before washing. Wash with warm suds, with a little soda in the water. Use a clean cloth in washing, and a

small brush to scrub out seams and corners. When all have been well washed and drained, scald thoroughly, dry with a clean towel, and set them out of the way of dust. Rub strainers with fine salt, before scalding, to keep them from becoming clogged.

BUTTER MAKING.

Set the milk in tall, well-ventilated pails, having holes around the top the size of holes in a colander, with close-fitting covers; strain the milk directly into them after milking, through two thicknesses of cheesecloth, or muslin, and a fine wire strainer. A good strainer pail is excellent for this purpose. Aerate by pouring from one pail to another. Plunge the pails into water that will lower the temperature of the milk at once to about 62°. If the milkhouse is so situated that the water reservoir may be supplied with running water, an even temperature will be secured, and if it is free from dust it will be better to leave off the covers. Let the milk stand from thirty-six to forty-eight hours, never longer, and skim. If future skimmings are to be added to the cream it must be kept at a low uniform temperature, and stirred every time fresh cream is added.

The day before churning, remove the cream from the milkhouse, and raise to a temperature of 70°. This may be done in a warm room, or by plunging the vessel in water of that temperature, and stirring often. When it begins to be sour, it is right for the churn. Bring it to a temperature of 63° in winter, and a little lower, say 58° in summer. It is necessary to use a thermometer, as testing by guess work is never satisfactory, and, to a certain extent, the conditions under which the cream is to be churned must regulate the temperature. One may soon tell at what temperature to churn the cream, and if it is too warm, remedy this, to some extent, by adding small, clean pieces of ice, until the temperature is right, but the butter flavor will not be so delicate.

Use a churn with the least possible machinery; the square box-churn, with crank, and the barrel churn, are both good. Churn until the granules of butter are as large as wheat grains, and are well risen to the top. Draw off the milk carefully; wash the butter in the churn in two salted waters, as cool as 46° to 50° in summer, and, if the butter is hard, from 50° to 56° in winter.

Add one and one-half ounces of salt to every pound of butter, and work in with smooth, hard-wood ladles that have been properly washed, scalded, and cooled in cold water during the churning. When this has been worked in sufficiently by upward and downward strokes, like egg-beating, lift the butter out into a worker, washed, scalded, and cooled with water, and which inclines well, that the brine may run off. Make, with the ladles, into a mass; spread a piece of wet muslin over it, and leave it to cool. If the butter is hard and firm at first it is better to work and pack it as soon as the salt is dissolved, as a second working always seems to injure the grain; but it must not be worked when it is at all soft.

When cool and firm, work over carefully with the ladle until the water and brine are all out, and pack firmly in a jar just large enough to hold it. Press down firmly with the ladle, striking it in until there are no air holes, and smooth the top by pressing, not by scraping. Cut a round piece of muslin considerably larger than the jar, and press down upon the butter, letting the edges of the muslin lay over the sides. There should be an inch of space between the butter and the top of the jar. Fill this with a coarser salt than dairy salt, and lay back the edges of the muslin over the salt; fit on the cover of the jar, and remove to a cool, odorless place. In the absence of a well-fitting cover to the jar, tie over it two thicknesses of strong manilla paper, and wash the top with the white of an egg. If it is wanted to preserve butter, fill the jar with cold water, or brine; this keeps it from getting strong, by excluding the air; but the aroma of the butter is finer without it if one uses an ice chest, or a very cold, sweet cellar.

CHEESE MAKING.

Insist upon perfect cleanliness in everything. To get rid of the odor a cow invariably imparts to her milk, strain at once, hold high where the air is pure, and pour slowly from one pail to another. If this is done several times the milk will become thoroughly aerated, and the odor removed.

The temperature of milk when first drawn from the cow is 70°, and the delay of straining, aerating, and setting, lessens it. Raise it to 88° and set in pans or vats. Add sufficient extract of rennet

to curdle the milk in twenty minutes, so it will be right for cutting. Use a thin, sharp knife, and carefully, without pushing or mangling, cut through the coagulated milk to the bottom, dividing it into pieces an inch and a half square. Leave it fifteen minutes, and then, over hot water, gradually raise the temperature to 94°, and begin dipping off the whey. When the curd has "cooked" through, or has parted with enough of its whey to become firm enough to stir, separate carefully from the pan with the finger, and, by giving the pan a slight rotary motion, loosen and pour it into the cheese basket, over which a large square of cheesecloth has been spread.

This basket should be flat-bottomed, loosely woven, and should rest on wooden cheese tongs over a tub used solely for this purpose. Keep the temperature at 94°, as it becomes ready for the hoop sooner when kept warm. As the whey ceases to drip, use the thin knife again and again, to divide it in inch cubes, taking care not to mash it. When it will "squeak" in the teeth on biting, it is dry enough to salt. Take it out on a cheese board, cut it carefully in half-inch cubes, and return it to the basket. Use two ounces of salt to eighty-four pounds of milk, and somewhat more late in the season. When it is salted stir up with the hand until every piece is sprinkled with salt, and leave it fifteen minutes to work into the curd.

Lay a large cloth in the hoop, as smoothly as possible. Fill with the curd until it is slightly rounded up. Draw up the cloth, first one side and then the opposite, over the top, making it smooth. Put on the follower, which should fit the hoop, and put into the press. Apply the weight gradually until, in four hours, the whole weight is on. Leave the press cloths on, and turn in the hoops every morning. Press at least twenty-four hours, and do not remove unless the cheese is firm, and of symmetrical shape. Do not allow any "humps" or rough edges on the cheese.

When removed from the hoop take off the press cloths and wash the cheese in hot butter, in which a teaspoonful of soda has been dissolved. Bandage the cheese with a strong cloth as soon as it is out of the press. Make the bandage two inches wider than the thickness of the cheese, bring it around it firmly, and sew it

together. Paste the extra width smoothly over the edges with the butter and soda. Cut round pieces to fit the top and bottom, and paste them on with the butter. Wash the sides outside the bandage with the hot butter. Butter the cheese board, put on the cheese, and keep it in a well ventilated room at a temperature of from 60° to 70°. Rub thoroughly with the butter every day, and turn, by having a second board, which, being placed on top, and the whole turned over, and the bottom board removed, will become the cheese board for the day. Do this regularly until the cheese is well cured.

Green or sage cheese is made by coloring with a liquid obtained from bruised sage and corn leaves; soak them over night in new milk and strain into half the milk designed for curd. When it comes to the press, distribute the green and white curds evenly in the hoop, and, at the first turning, make a design on the top of the cheese with fresh sage leaves. This cheese requires but little extra labor, and brings at least six cents more a pound.

The curing room must be well ventilated, and if the heat rises higher than 70°, sprinkle the floor with cool water. Kill flies by sprinkling insect powder liberally about the closed room.

The difference between homemade and factory cheese lies in the acidity of the curd. To obtain this let it set until, tested with a hot iron, threads from an eighth to a quarter of an inch are seen clinging to the iron.

If one milking is not sufficient to make a full hoop, take previous milkings, set in a temperature of 40°, heat, and use with the new milk. Avoid jarring the pan, table, or floor while the curd is forming, or the process will not be perfect.

Rennet should be tested before using, and extract of rennet may be bought at the factories if one has not the homemade article. Buy a dried and cured rennet of the butcher, and keep in a close, earthen vessel. Cut off a third of it, and cover liberally with salt, half a cupful at least, add a pint of water, and soak over night. Two great spoonfuls will be needed for eight quarts of milk, and more if not strong. This must be thoroughly stirred into the milk; add salt to what is left over, and fill up with water. Keep in a close vessel in a cool place.

THE FAMILY.

MORE attention is paid now to sanitary and healthful living than ever before, and it is made a study by scientists, physicians and home-makers, who are seeking the best conditions of living. Right knowledge, with good common sense, must unite with love in planning for the entire well-being of the family, or life will become not only like "sweet bells jangled, out of tune," but fraught with disaster.

SANITATION.

In buying, building, or renting a house, choose, if possible, an elevated position with good drainage and where the sun can visit every room sometime during the day. Watch the plumbing closely; keep the drain pipes clean, using disinfectants daily; avoid cess-pools as sources of probable misery, and as sewer gas does not make known its presence at first by foul odors, it is necessary to watch for leaks, particularly in stationary basins, bathrooms, water-closets, etc.

When a leak is suspected, shut the doors of all rooms and closets through which the waste pipe runs, close the adjustable traps in the pipe, and at its upper open mouth pour in a little valerian. In a few moments introduce a cat into the closed rooms, and, being fond of valerian, which is of a very penetrating nature, if there is any leak she will detect the drug immediately. When not in use keep the stopper in the mouths of the waste pipes of all basins and sinks. On account of the danger arising from sewer gas, many of the finest houses are now built without stationary basins in the sleeping rooms; these are confined to the bathrooms. The drainage of barns, stables and outdoor closets should be attended to carefully. In many places the water supply of the house is vitiated by close proximity, and the results are terrible. Cleanliness in all matters is imperative.

Give the matter of ventilation careful attention. With houses

heated by steam, hot air or water, there are special arrangements to inject fresh air, and houses with water-closets may have ventilating shafts, running up beside the chimney to the roof, which aid in carrying off the gases. An open fireplace, or a grate, is a good ventilator, and with a slight fire is a great purifier. Have plenty of fresh, pure air in the house, whatever the heat or cold, but avoid standing or sitting in drafts. Sleep with open windows, but arrange the bed with reference to them.

SICKNESS.

Cleanliness is next to godliness.

All great epidemics are said to begin in dirt. The history of cholera proves this, beginning, as it does, in the densely populated and filthy cities of the Orient. The germ theory of disease teaches the existence of a very close relation between the so-called zymotic diseases and decay. Not that decomposition is directly responsible for disease, but because it furnishes a condition of soil favorable to the development and growth of disease germs.

Garbage should not be allowed to accumulate, but should be burned, or, if necessary, carried to some place of deposit as far as possible from habitations, or sources of water supply.

A very prolific source of disease is defective drainage. Often slops and waste water are thrown into the yard, which trickle back into the well and pollute it, or form a reeking cess-pool which poisons the air. Cess-pools and sink holes should be drained, disinfected, and then filled with dry earth, and kept dry.

See that sewer connections are good. In cities the sewer connections with houses often allow the foul gases to rush back through the waste-pipes to closets or sinks, and into the house. A flue, connecting each system of drainage pipes with the tallest chimney in the house where a fire is constantly used, will draw off and consume the gases.

Damp cellars must be drained and ventilated. Vegetables and other organic matter should not be allowed to undergo decomposition on the premises. All low places, where water is liable to collect and become stagnant, should be filled with dry earth.

Pure air and sunshine are great purifiers. Koch has discovered

that sunshine will destroy the vitality of the tubercle bacillus. Let pure air and sunshine into every room. Unused closets and rooms need the greatest attention. These must be kept clean, dry and freely ventilated. That abomination, a refuse storeroom where old clothes, cast-off boots and shoes, broken furniture, etc., are allowed to accumulate, must not be tolerated, and if it exists its contents should be consigned to the flames.

Keep the person scrupulously clean; often change the clothing worn next to the person. Do not economize in washing bills. A cold bath every morning for very vigorous persons, or once or twice a week, and thorough rubbing with a coarse towel or flesh-brush when the bath is not taken, for the less robust, is necessary to keep the functions of the skin in health, and is very invigorating. After warm baths a dash of cold water will prevent chill and "taking cold." In bathing in winter, the shock from cold water is lessened by standing a minute in the cold air, after removal of the clothing, before applying water.

Never sleep in clothing worn during the day, and let that worn at night be exposed to the air by day. Three pints of moisture, filled with the waste of the body, are given off every twenty-four hours, and mostly absorbed by the clothing. Exposure to air and sunlight purifies the clothing and bedding of the poisons which nature is trying to get rid of, and which would otherwise be brought again into contact with the body.

The two great sanitary agents are air and water. Both must be pure. Dr. Parkes estimates that nearly three thousand cubic feet of air per hour are necessary for the full performance of the function of respiration. This quantity must be increased in shops, churches, theatres, and other public places.

A house is only well ventilated when the air within is as pure as the air without. All systems of ventilation must provide, not only for the admittance of pure air, but also for withdrawing the foul air. The source of supply must be pure. Air is purified, naturally, by diffusion, oxidation and the action of wind and rains; artificially by disinfectants.

Sleeping apartments should be well ventilated, but it is necessary to avoid "drafts." An open fireplace or grate insures good

ventilation. If one is accustomed to sleeping with open windows, there is little danger of taking cold, winter or summer. People who shut up windows to keep out "night air" make a mistake. At night the only air to breathe is "night air." It is much preferable to air laden with the effete products of respiration.

Impure water is another source of disease. The germs of typhoid fever, cholera, dysentery and many other diseases are conveyed by drinking water more frequently than by any other agency. Water contaminated by surface drainage must be avoided. Do not drink water that has stood over night, particularly if the room is not fully ventilated.

Disease germs will stand a great deal of cold and not have their vitality affected, but they are not able to stand heat above a certain degree. Taking advantage of this fact, drinking water can be rendered perfectly pure and safe by thoroughly boiling and filtering.

Water may contain a great variety of organic and inorganic impurities. The taste or odor of water cannot be relied upon as an index of its purity. Sulphurated hydrogen gives to water the taste and odor of rotten eggs; still the water is not injurious.

Soluble mineral salts, when found in water, render it injurious. The salts of lead often give rise to serious symptoms, among which are colic, gout, rheumatism, kidney disease, paralysis, blindness and even insanity. The troubles arising are often obscure, and we are at a loss to account for the phenomena until lead is detected in the water which the patient drinks. It is a very simple matter to test for lead in water. Add a little tincture of cochineal, and, if a minute quantity of lead is present, the water will be turned blue.

In a similar manner we test for other injurious substances. The presence of chlorides is shown by a white precipitate on adding a solution of silver nitrate to a small quantity of water. Chlorides in water show that it is contaminated with urine. Ammonia is tested for by Nessler's solution prepared as follows: Dissolve five hundred and fifty grains of potassium iodide in five ounces of distilled water, also two hundred and twenty grains of mercurine chloride in five ounces of distilled water; make the whole up to

twenty ounces with distilled water. On adding this solution to the water to be tested, a brownish precipitate will be formed if ammonia is present. So delicate is this test that with it we can detect one part of ammonia in one million parts of water.

The presence of alkali is proved if on dipping a piece of blue bitmus paper, tinged slightly red by being dipped in dilute vinegar, into the water, the color is restored to blue. Pure water is translucent, colorless, without odor, tasteless and cool enough to be palatable. Ice water should be avoided, as it is apt to disturb digestion.

“An adult takes into the system daily, through lungs and mouth, eight and a quarter pounds of dry food, water, and air necessary for respiration. The same amount is given off as waste through the pores, lungs, kidneys, and intestines. Life and activity consume this amount as fuel just as a lamp consumes oil. Every movement, every breath, every heart-beat, every thought burns up a certain amount of fuel-material, and if the supply is not forthcoming, the machinery stops and death ensues. The better the oil the more perfect the light; and the more perfectly the food is adapted to its wants, the more vigorous the body, and the more perfect the working of its intricate machinery of muscle, nerve, and brain.

“Food is first masticated and then digested. In mastication it is not only moistened with saliva, but acted upon chemically in preparation for the more vigorous and thorough work of the stomach. It is a mistake to suppose that water or any of the various drinks taken at table are a substitute for saliva. They not only do not prepare food for the stomach, but force it into the stomach unprepared, and, besides, retard digestion by delaying the process until the water can be absorbed into the blood. For these reasons drinks should precede or follow a meal. Bread crusts and hard and firm food are wholesome, principally because they must be thoroughly masticated before swallowing.

“When the food reaches the stomach it rouses into action, the gastric juice pours from hundreds of little points, the food is diluted and the more solvent parts dissolved, to be taken up by the thousands of little mouths which honeycomb the surface, and car-

ried into the circulation to repair the waste of tissues. The oily portions of food, and such as do not yield to the action of the gastric juice, pass on and are subjected to the influence of the bile and pancreatic fluid, until all that is of value is absorbed, while the waste is rejected and passes off.

“Food has chiefly two offices to perform: the repair of muscular waste, and the supply of the body with fuel to keep its heat up to 98°. Each of these is indispensable to health and strength. The chief part of what we eat is used by the lungs for fuel; the rest, excepting small portions of mineral substances, such as lime, potash, sulphur, etc., goes to the production of muscular and brain force. The great secret in the preparation of food that will prolong life and maintain a high state of health, is to adapt it to the peculiar conditions of those to be fed—age, occupation, climate, and season to be considered. Variety of food is nearly always at hand; knowledge only is necessary to choose that best adapted to present needs.

“The heat of the body is produced by the action of the lungs, which uses up the heat-producing food, as action of muscle or brain consumes the muscle-making material. The former is non-nitrogenous; the latter nitrogenous. Foods may be divided into three groups: the nitrogenous, in which nitrogen is the chief element, and which feed muscle only; the non-nitrogenous, chiefly carbon, which produce heat only; and those in which both are united.”

Always rest before and after a hearty meal. Use good, palatable food, not highly seasoned; vary in quantity according to age, climate, season, weather and occupation. Unbolted or partially bolted grains are good, and often sufficient food for man, but nature craves a variety, and, in a majority of instances, animal food is essential to good nutrition. Masticate the food well. Avoid drinking large quantities of any liquid with meals.

Three full meals daily are customary, but the number, relative quantity and quality, and the intervals between them, are largely matters of opinion, habit and convenience; regularity is the important thing.

Eat in pure air and in pleasant company. Do not allow business matters to interfere with the enjoyment of meals. Banish care. Be

merry. Avoid eating between meals; tobacco; alcohol in all forms; stimulants; highly spiced foods; rich pastry; strong tea and coffee; and too great a variety at one time.

Colds are often, if not generally, the result of debility, and are preceded by disordered digestion. Such cases are prevented by removal of the cause, by diet and pure air. Extreme cold or heat, and sudden exposure to cold by passing from a heated room to cold outside air, are injurious to the old or weak. All such should avoid great extremes and sudden changes. In passing from heated assemblies to the cold air, the mouth should be kept closed, and the breathing done through the nostrils only, so that the cold air may be warmed before reaching the lungs, which have just been immersed in a hot-air bath.

Many of the colds which people are said to catch commence at the feet. Keep the feet dry and warm. Boots and shoes, when they fit closely, press against the foot and prevent a free circulation of blood. Loosely fitting shoes, while more comfortable, admit of free circulation of the blood and the place between the leather and the stockings is filled with a comfortable supply of warm air.

The lungs should be trained to free, full and vigorous action. It is a common fault to breathe from the surface of the lungs only, not bringing into play the abdominal muscles, and so not filling the more remote air cells of the lungs. By this defective action of the lungs the system is deprived of a part of its supply of air, and by inaction the air-cells become diseased. The practice of allowing the lungs only improper food, in the form of vitiated air, is one of the most prevalent habits of civilized life and it is one of the most potent causes of serious lung disease. Pure air and plenty of it, day and night, is what is demanded.

One of the most prominent writers on health topics says: "The great practical lesson which I wish to inculcate, to be engraven as on a plate of steel, on the memory of children and youth, young men and women, the mature and the gray-headed, is: allow nothing short of fire or endangered life to induce you to resist, for one single moment, nature's alvine call. So far from refusing a call for any reason short of life and death, you should go at the usual

time and solicit, and doing so you will have your reward in a degree of healthfulness, and in a length of life, which very few are ever permitted to enjoy. If the love of health and life, or the fear of inducing painful disease cannot induce you to adopt the plan I have recommended, there is another argument which, to young gentlemen and young ladies, may appear more convincing—personal cleanliness. (If you suffer yourself to become and remain costive, you will be offensive; the breath of a costive child even is scarcely to be endured.) Cold feet, sick headache, piles, fistula, these with other diseases, have their foundations laid in constipation, which itself is infallibly induced by resisting nature's first calls. Reader, let it be your wisdom never to do it again."

Avoid quack doctors and quack nostrums; both are humbugs. If you are in need of a physician call one and follow his directions.

The world is full of specialistic pretenders. They are floating from place to place, flooding the country with startling announcements of bogus cures, trusting to the ignorance of the public for their patronage. They should be avoided as you would avoid a pestilence. They have no interest in your welfare; all they want is your money. If you will but remember that there are really no specifics in medicines, that each case must be individualized and treated according to the special conditions present, it will readily be seen how absolutely foolish and false are the claims of the vast numbers of cure-alls offered.

CARE OF THE SICK.

The sick room should be the lightest, most cheerful, and best ventilated room in the house. Patients in the sunny wards of hospitals recover soonest, and the sick, in nearly all cases, lie with their faces to the light. Everything should be kept in perfect neatness and order. Matting is better than a carpet, though, when the latter is used, it may be kept clean by throwing damp tea leaves over a part of the room at a time, and quietly brushing them up with a hand broom. A table not liable to injury, a small wicker basket with compartments to hold the different bottles of medicine and a small book in which to write the physician's directions, two baskets made on the same plan to hold glasses or cups, screens

to shade the light from the eyes of the patient, a nursery lamp with which to heat water, beef-tea, etc., a quill tied on the door-handle with which the nurse can notify others that the patient is asleep by merely passing the feather-end through the keyhole, and air pillows and "ring cushions" to give relief to patients compelled to lie continually in one position, are a few of the conveniences for the sick room. Ring cushions are circular pieces of old linen sewed together and stuffed with bran. Pads may be made of cotton-batting basted into pieces of old muslin for a sick couch or chair.

Pure air in a sick room is of the utmost importance. The poisoned body is desperately trying to throw off, through lungs, skin, and in every possible way, noxious materials, and thus relieve the system. Bad air, and dirty or saturated bedclothes, increase the difficulty at the very time when the weakened powers need all the help they can get. Avoid air from the kitchen or close closets. Outside air is the best, but, when cool, there should be a fire in the room to take off the chill. A cold is rarely taken in bed, with the covers well tucked in, but often in getting out of a warm bed when the skin is relaxed. Anything like a "chill" should be avoided, and it is not well to allow a draft or current of air to pass directly over the bed of the patient.

A good way to secure a supply of fresh air, without a draft, is to have a board five or six inches wide, and as long as the width of the window; raise the lower sash, place the board under it, and the fresh air finds its way in between the sash by an upward current.

In disease less heat is produced by the body than in health. This decline occurs even in summer, and is usually most evident in the early morning, when the vital powers slacken, the food of the previous day having been exhausted. The sick should be watched between midnight and ten or eleven in the morning, and if any decline in heat is noticed, use hot water bags or jugs. A sick room should, above all, be quiet. Avoid any rustling sound, such as that of a silk dress or shoes which creak. If it is necessary to put coal on the fire, drop it on quietly in small paper sacks, or in paper slightly dampened. Visitors should rarely be admitted to a sick room. The necessary attendants are a sufficient annoyance to

a weak patient, and many a tombstone might truthfully and appropriately be inscribed, "Talked to death by well-meaning friends." It is not generally the loudness of a noise that disturbs the sick, but the sound that produces expectation of something. Some cannot bear any noise. Anything that suddenly awakens is injurious. Never awaken a sleeping patient unless ordered to do so by the physician. In sickness, the brain is weakened with the rest of the body, and sleep strengthens it. If rest is interrupted soon after it is begun, the brain is weakened so much the more, and the patient becomes irritable and wakeful. If sleep lasts longer, he falls asleep again more readily. Never speak within the hearing of the sick in tones which cannot be fully understood. An occasional word, or murmur of conversation, or whisper, is intolerable, and occasions needless apprehension,

Few persons have any idea of the exquisite neatness necessary in a sick room. What a well person might endure with impunity, may prove fatal to a weak patient. The bed and bedding should be scrupulously clean. In most diseases the functions of the skin are disordered, and the clothing becomes saturated with foul perspiration. Sheets which are used should be dried often, either in the sun or by the fire, and the mattress and blanket next the sheets should be carefully aired as often as possible. In changing very sick patients (particularly women after confinement) the sheets and clothes should be well aired by hanging by the fire for hours. Move the patient close to one side of the bed, turn the under sheet over close to the invalid, then smooth the mattress, removing anything that may be on it. Make ready the clean sheet, by rolling one-half into a round roll; lay this close by the invalid, spreading the other half smoothly over the bed. Move the patient on the clean sheet, unroll and spread over the other side of the bed. Have the upper sheet ready, lay it on carefully and gently, then add the other clothes. In dressing a blister, where a bandage has to be placed around the body, roll one-half the bandage, place it under the invalid, so that the attendant at the other side can reach it, unrolling, and placing it around the patient without disturbing him. Light blankets are best for coverings. Never use cotton counterpanes and comforters. The clothing should be as light as possible with

the requisite warmth. The bed should be low, and placed in the light, and as a rule the pillows should be low, so as to give the lungs free play. Scrofula is sometimes caused by children sleeping with their heads under the clothing, and patients sometimes acquire that injurious habit.

Bathing should be done under the advice of a careful physician, but soap and water are great restoratives. In most cases, washing and drying the skin gives great relief. Care should be taken, while sponging and cleansing, not to expose much surface at a time, so as to check perspiration. The physician will regulate the temperature. Whenever the bath is followed by a sense of oppression, it has done harm. Its effect should be comfort and relief.

Chamber utensils should be emptied and thoroughly cleansed immediately after using, and in no case allowed to remain standing in the sick room. Slop jars, into which nothing should be allowed to go except the waste water from the wash-stand, must be emptied and cleansed thoroughly, at least twice a day.

It is well for both nurse and patient to remember that nothing relieves nausea or vomiting sooner than drinking hot water in as great quantity, and as hot as possible. Placing the hands in hot water up to the wrists, dipping a flannel in hot water and laying five or six folds thick on any pained part, will relieve suffering more promptly than all the pain killers in the world. Cover the wet flannel with a dry one, the edges extending over the wet one an inch or more. In five minutes, slip the wet flannel out and put in its place another as hot as can be handled, taking care to let as little cold air as possible touch the skin over which the hot flannel has been applied. When pain is relieved, put on towels wet in cool water and cover with flannel; leave for an hour or more, remove and wipe dry, rubbing vigorously. These hot applications often relieve a violent, dry cough in a few minutes, and will cure some forms of croup in half an hour.

Patients are often killed by kindness. A spoonful of improper food, or the indulgence of some whim, may prove fatal. Observe the physician's directions with the strictest fidelity. Medicines and things which will be wanted during the night should be prepared before the patient grows sleepy. Everything should be done

quickly but quietly, and with precision. In talking, sit where the patient can see you without turning his head. Never ask questions when he is doing anything, and never lean or sit upon the bed. Sick persons generally prefer to be told anything rather than to have it read to them. A change in the ornaments of the room is a great relief, and the sick especially enjoy bright and beautiful things. Flowers, which do not have a pungent odor, are a great delight.

In convalescence great care is necessary, and the physician's directions should be implicitly obeyed, especially in regard to diet; failure in obedience often brings on a relapse. Little food at a time and often repeated, is the general rule for the sick. A tablespoonful of beef tea, every half hour, will be digested, when a cupful every three or four hours will be rejected. In giving a drink or liquid of any kind, a moustache cup or a pap boat is a great convenience. The sick can rarely take solid food before eleven in the morning, and a spoonful of beef tea, given every hour or two, relieves exhaustion. Brandy, whisky, or other alcoholic stimulants, however, should never be ordered in cases where there is a hereditary tendency to use them, or where they have been used as a beverage, or where the associations of the patient in the future would be likely to make an acquired taste a temptation. In most cases substitutes may readily be found. Untouched food should never be left at the bedside. Every meal should be a surprise. Food for the sick must be of the best quality, and neatly and delicately prepared. Keep the cup and saucer dry, so that no drops will fall on the bed or clothing.

As far as possible it should be made the duty of one person to care for a particular case, as there is less liability of confusion in taking orders and giving the medicines, where one has entire charge. It is also better for the patient, for he soon learns to trust to the nurse's judgment and throws off all care or personal responsibility.

Do not forget that cheerfulness, kindness and tenderness are essential to careful nursing. Cheerfulness inspires hope, thus aiding recovery. Everything of a desponding nature should be kept out of the sick room. A nurse must never be impatient. A sick per-

son is often irritable and sometimes obstinate, but this must be overcome by kindness and firmness. Do not omit any little attention that will add to the comfort of the sick. If turning the pillows, or a sip of water, or brushing the teeth with a soft cloth moistened with lemon water please the patient, do it by all means. Avoid jarring the bed, and do not allow anyone to sit there. Avoid haste. Do things quickly by knowing what to do and how to do them. All appearance of haste and uncertainty is annoying to the sick one. The nurse should watch the patient carefully to see that his wants are supplied.

Sleeplessness and restlessness are due to a variety of causes. If occurring in the early hours of the night, it is probably due to nervous excitement and would be increased by stimulants; but if occurring in the early morning hours, it is due to exhaustion and some food or stimulant will relieve it.

The duties of the nurse must, from necessity, be governed by the nature and requirements of the case in hand. What is required for one case may not be required, or might prove injurious, in another. Remember that the names of diseases are only relatively correct; the condition of the patient and symptoms present are the points to be noted, and to which the course of treatment is to be adapted.

Every sick room should be provided with a good thermometer, and by it the room should be kept at a uniform temperature, about 70° Fahrenheit. It becomes our first duty to correct any insanitary conditions found to exist. Pure air, pure water, perfect drainage, absolute cleanliness, plenty of light and a sufficient quantity of good nutritious food may be considered as prime necessities in managing disease. The diet should be plain, simple and nutritious. Food easily digested is required, for the organs of digestion need rest as well as the body. Milk is an ideal food, since it contains all of the elements essential to nutrition, and, being in a liquid state, it is readily absorbed and assimilated. It is suitable as a diet in a great variety of cases. The various meat soups and teas are next in importance. The nutritious elements in beef tea are not as important as many suppose. It is more in the nature of a stimulant. It is estimated that from a pound of good

beef, as ordinarily made into beef tea, only one-fourth of an ounce of nutritive substance is obtained. By many physicians beef tea is classed as a stimulant. Rectal alimentation is often required in conditions of great gastric irritability, or where the stomach is unable to take food or perform the work of digestion.

Preparatory to giving a nutrient enema, the rectum must be emptied and washed out by an injection of clean, warm water. The solution having been prepared, it is forced slowly with an ordinary bulb syringe, care being taken to throw it as high as possible. The injection should be repeated at intervals of two or three hours, using half a cupful at a time. The temperature of the enema should be about that of the body, 98° or 100° Fahrenheit. Warm milk, with a little salt in it, makes a simple and efficient enema.

In cases where it is necessary to supply the system with fat, the following will be found useful: Chop fine a half pound of beef pancreas; cover this with water and allow it to stand for an hour in a warm place. Strain through a cloth. Mix an ounce of the liquor with half an ounce of pure cod liver oil and use as an enema.

Beef tea makes an excellent enema, but before it is fit for absorption, pepsin and muriatic acid must be added. The following preparation is recommended, and is a valuable one for the purpose: Take one pound of fresh, lean meat, cut it very fine; soak it in one-third of a quart of cold water over night. In the morning, remove the meat, saving the water in which it was soaked. Put the meat into two-thirds of a quart of water and let it simmer for two hours, keeping the water up to its original level by replacing what is lost by evaporation. Pour the beef broth into the cold liquor in which the beef was soaked, squeezing the meat as dry as possible. The meat which remains should be spread on a tin plate and dried in the oven. When dry, reduce to a powder in a mortar and add the powdered meat to the liquor. Thus all the elements of meat are obtained in a liquid form. Add a little salt, twenty drops of hydrochloric acid and three grains of pepsin, and it is ready for use.

Instead of using it as an enema, it may be made into suppositories in the following manner: Take a quantity of the whole beef tea; set the basin containing it in another vessel of hot water on

the stove, and evaporate the water from the beef tea until it becomes of a creamy consistency. Add an equal quantity of cocoa butter, melt both together, pour into a dish and allow the mixture to cool and solidify. With a warm knife, cut it into pieces and shape like a pigeon's egg. These suppositories, introduced into the rectum, will afford nourishment to the system in the neatest and cleanest way in which artificial alimentation can be practiced.

DISINFECTANTS AND ANTISEPTICS.—An antiseptic is a substance that prevents decay in material that is liable to undergo decomposition. Sugar, salt, vinegar, alcohol, smoke, heat and cold, are familiar domestic examples; while in surgery we have listerine, carbolic acid, corrosive sublimate, iodoform, boracic acid, and other substances in common use.

A disinfectant is a substance that destroys germs after they have been formed, and renders inert that which produces decomposition or disease. All disinfectants are antiseptics, and all antiseptics, if sufficiently concentrated, or used in large quantities, are disinfectants.

Among the disinfectants for general use may be mentioned: Copperas; cheap, easily obtained, readily prepared, and good for many purposes. Used in the proportion of two pounds to the pailful of water, it makes a good solution for water-closets, cesspools, vaults and catch basins. Chloride of zinc is excellent for use in house drains, bedpans, and vessels used about the sick room. The proportion is half a pound to the gallon of water. Corrosive sublimate, one part of the salt to one thousand parts of water, is one of the best disinfectants known. It can be used for any purpose where a disinfectant is needed, but being a dangerous poison, it should be handled with care. Carbolic acid has to be used quite strong to be effective. For night vessels, sinks, water-closets, etc., use two ounces of acid to a quart of water. Quicklime, or unslacked lime, is very useful to scatter about in damp places, as cellars; under outbuildings or sidewalks, also in vaults. Chloride of lime is more effective, but its disagreeable odor makes it undesirable. Charcoal is an excellent disinfectant and deodorant. Platt's chlorides and the sanitas preparations are useful and effective in the sick room. Directions for using accompany each bottle. Ozone,

formed by mixing two parts of the permanganate of potash and three parts of strong sulphuric acid in an open vessel, gives an invigorating quality to the air of a sick room. Dry scales of iodine, placed in saucers, prove effective in destroying offensive odors. Corrosive substances must be handled with care.

Sulphuric or hydrochloric acid, diluted with double the quantity of water, should be mixed in equal proportions with the excreta of typhoid-fever patients, and the mass allowed to stand several hours, that complete disinfection may be insured.

For soiled clothing, a solution of sulphate of zinc, one pound, carbolic acid, two ounces, and four gallons of water, may be used. Keep a tubful of this solution near the sick room, and place in it all soiled bed linen and clothing. Afterward, a thorough boiling will effectually destroy all disease germs. Fumigation is an effectual method of rendering aseptic every nook and corner where disease germs may lurk. The most efficacious substance is sulphur. The method of use, as recommended by the Chicago board of health, is as follows :

“Have all the windows, fireplaces, flues, keyholes, doors and other openings securely closed by pasting strips of paper over them. Then, in a washtub, containing an inch of water, put a dish of live coals, supported on brick. Upon these throw three or four pounds of sulphur.” Do not stay to see it burn. “All living things should be removed, and care taken to arrange bedding, etc., so as to secure a thorough exposure to the fumes. After twenty-four hours the rooms may be opened and aired.”

FOOD FOR THE SICK.

STRAWBERRY ACID.—Take three pounds of ripe strawberries, two ounces of citric acid, and one quart of water; dissolve the acid in the water, and pour it over the berries; let them stand in a cool place twenty-four hours; draw off, and pour in three pounds more of berries, and let it stand twenty-four hours. Add to the liquor its own weight of sugar, boil three or four minutes each day for three days, then cork tightly and seal. Keep in a dry and cool place.

BEEFSTEAK.—Broil steak, from one-half to an inch thick, carefully over the coals, and turn often. Lay on a plate. Season with

salt, a little butter, if allowed, and serve hot. The inside of a potato, roasted in the ashes and dressed with sweet cream, is a delicate accompaniment.

RAW BEEF.—Chop fresh, lean beef, the best steak or roast, very fine, sprinkle with salt and pepper, and put between thin slices of buttered graham or white bread. This is very nutritious. *For Children.*—Free half a pound of juicy beef from any fat; mince it very finely; rub it into a smooth pulp either in a mortar or with an ordinary potato masher, and press it through a fine sieve. Spread a little upon a plate and sprinkle over it salt or sugar. Give it alone or spread upon a buttered slice of stale bread. An excellent food for children having dysentery.

OATMEAL BLANCMANGE.—Stir two heaping tablespoonfuls of oatmeal into a little cold water, beat into a quart of boiling milk, flavor and pour into moulds to cool. Serve with cream or jelly.

BEEF BROTH.—Cut one pound of good lean beef in small pieces; boil slowly in two quarts of cold water, keeping it well covered one and one-half hours; then add half a teacupful of tapioca, which has been soaked three-quarters of an hour in water enough to cover, and boil half an hour longer. Some add, with the tapioca, a small bit of parsley, and a slice or two of onion. Strain before serving, seasoning slightly with pepper and salt. Just before serving, a soft poached egg may be added. Rice may be used instead of tapioca; strain the broth, add one or two tablespoonfuls of rice soaked for a short time and boil half an hour.

CHICKEN BROTH.—Take the first and second joints of a chicken, simmer in one quart of water until very tender, and season with a little salt and pepper.

MUTTON BROTH.—Boil slowly two pounds of mutton in two quarts of cold water; add one tablespoonful of rice washed carefully. Cook till the meat leaves the bone, and the rice is a liquid mass. Take from the fire, season with a little salt, and strain. If for a patient with flux leave on all the fat.

For chicken broth, take a chicken the size of a quail and prepare as above.

MULLED BUTTERMILK.—Boil good buttermilk, and add the well-beaten yolk of an egg. Let boil up and serve. Or, stir into boil-

ing buttermilk a thickening of cold buttermilk and flour. This is excellent for convalescing patients.

OATMEAL CAKES.—Take equal parts of fine oatmeal and salted water; mix; pour into a pan till one-third of an inch deep; bake half an hour, or until crisp and slightly brown; or, make half an inch thick and bake soft like a Johnny cake; or, if the oven is not hot enough to bake, pour into a frying pan, cover it and bake it on the top of the stove, serving it when brown on the bottom. It is not good cold. If any be left, warm it up and it is almost as good as new.

BROILED CHICKEN, QUAIL, SQUIRREL OR WOODCOCK.—Any of these must be tender. Take the breast of the first two, or the thighs of the others; place on hot coals or on a broiler, turning often to prevent burning. When done, butter, salt, and serve immediately on a hot plate.

CRUST COFFEE.—Toast bread very brown, pour on boiling water, crush and strain; add cream, sugar, and nutmeg, if desired.

BLACKBERRY CORDIAL.—Put half a bushel of blackberries in a preserving kettle and scald well; strain and press out all the juice; put the juice in the kettle with the following spices well broken in a bag: one-quarter pound of allspice, two ounces of cinnamon bark, two ounces of cloves, and two nutmegs; add loaf sugar, one pound to every quart of juice or a little more, and cook slowly fifteen minutes. A smaller quantity may be made, using the same proportions. This is an excellent remedy for diarrhoea and dysentery.

OATMEAL CRACKERS.—Wet one pint of fine oatmeal with one gill of water; work with a spoon until it can be made up into a mass; place on a board well covered with dry oatmeal; make as compact as possible and roll out carefully one-sixth of an inch thick and cut into squares. Bake in a very slow oven, or merely scald and then let them stand until they dry out. These are difficult to make at first, but one soon learns to handle the dough and to watch the oven so that they will not scorch. They are excellent for all the purposes of crackers, and if kept dry, or packed in oatmeal, will last good for months. This is one form of the Scotch “ban-nock.” A rich addition is two heaping tablespoonfuls of ground dessicated cocoanut.

ARROWROOT CUSTARD.—One tablespoonful of arrowroot, one pint of milk, one egg, two tablespoonfuls of sugar; mix the arrowroot with a little of the cold milk; put the rest of the milk on the fire; boil, and stir in the arrowroot, egg and sugar, well beaten together; scald, flavor and pour into cups to cool.

SAGO CUSTARD.—Soak two tablespoonfuls of sago in a tumbler of water for an hour; boil in the same water until clear, and add a tumbler of sweet milk; when it boils, add sugar, a beaten egg, and flavoring.

FEVER DRINK.—Pour cold water on wheat bran, let it boil half an hour, strain and add sugar and lemon juice. Pour boiling water on flaxseed and let it stand until mucilaginous; pour into hot lemonade and drink.

SASSAFRAS DRINK.—Break the pith of sassafras boughs in small pieces and soak in cold water till the water becomes glutinous.

WHIPPED EGG.—Break a fresh egg into a cup; beat thoroughly; add two teaspoonfuls of sugar, two tablespoonfuls of boiling water, beating meanwhile, two tablespoonfuls of sweet cream and a little grated nutmeg. This is nourishing and pleasant, and the boiling water destroys the raw taste of the egg.

SEA-MOSS FARINA.—Take a dessertspoonful of sea-moss farina and a quart of boiling water; steep a few minutes, sweeten and flavor with lemon juice. This is pleasant and good for colds.

PREPARED FLOUR OR FLOUR BALLS.—Take a double handful of flour, tie up tightly in cloth and put in a kettle of boiling water; boil from three to six hours, take out, remove the cloth, and you will have a hard, round ball. Peel off and throw away the thin rind of dough, cover with fine wire netting and dry for twenty-four hours. Keep in a wooden box in a cool place, and the driest one in the house. When wanted for use, boil sweet, new milk and grate into it enough flour from the ball to make it as thick as you desire, stirring it just before removing from the stove with a stick of cinnamon; this gives it a pleasant flavor; put a little salt into the milk. Very good for children having summer complaint. For children who are constipated, use bran meal or unbolted flour instead of white flour, preparing as above directed. Instead of cinnamon stick, grate a little nutmeg into the milk.

OLD-FASHIONED FOOD FOR CONVALESCENTS.—Roast good potatoes in hot ashes and coals ; when done, put in a coarse cloth and squeeze with the hand, and take out the inside on a plate. Put a slice of nice pickled pork on a stick three or four feet long, hold before a wood fire until it cooks slightly, then dip into a pan of water and let it drip on the potato to season it ; repeat until the meat is nicely cooked on one side, then turn the other, dip in water, etc. When broiled, place on a plate beside the potato, serve with a slice of toast dressed with hot water and a little vinegar and salt, or sweet cream instead of vinegar. A cupful of sage tea, made by pouring boiling water on a few leaves of sage and allowing it to stand a few minutes, served with cream and sugar, or crust coffee, or any herb tea, is good. Food prepared in this way obviates the use of butter.

GRAHAM GEMS FOR INVALIDS.—Mix Graham flour with half milk and half water, add a little salt, beat thoroughly, it will not be good unless well beaten, making the batter thin enough to pour ; have the gem pan very hot, grease it, fill as quickly as possible and bake in a hot oven thirty minutes. Practice will teach the proper consistency of the batter, and the best temperature of the oven.

CORNMEAL GRUEL.—Add to three pints of boiling water two tablespoonfuls of cornmeal, stirred in a little cold water ; add a pinch of salt and cook thirty minutes. For very sick persons, let it settle, pour off the top, and give without other seasoning. For convalescents, toast a piece of bread nicely, and put in the gruel with one or two tablespoonfuls of sweet cream, a little sugar and ginger, or nutmeg and cinnamon. When a laxative diet is allowed, this is very nourishing. Or, take a pint of meal, pour over it a quart or more of cold water, stir up, let settle a moment, and pour off the water ; repeat this three times, then put the washed meal into three quarts of cold water, and place where it will boil ; cook three hours, and when done add a pinch of salt. This is a very delicate way of cooking, and it may be eaten with or without other seasoning.

EGG GRUEL.—Beat the yolk of an egg with a tablespoonful of sugar, beat the white separately ; add a teacupful of boiling water to the yolk, then stir in the white, and add any seasoning ; good for a cold.

OATMEAL GRUEL.—Stir two heaping tablespoonfuls of oatmeal

in one quart of cold water till it commences to boil; cook one hour, stirring occasionally; do not let it scorch; season with salt, sugar, and any spice desired. For infants and very sick patients, strain but do not salt.

JELLICE.—Beat well one-half teaspoonful of currant, lemon or cranberry jelly with two tablespoonfuls of water, and fill the glass with ice water.

RICE JELLY.—Mix one heaping tablespoonful of rice flour with cold water to a smooth paste, add a scant pint of boiling water, sweeten with loaf sugar; boil until clear. If the jelly is intended for a patient with summer complaint, stir with a stick of cinnamon; if for one with fever, flavor with lemon juice. Rice water is made by using twice the quantity of boiling water.

TAPIOCA JELLY.—One-half pint of tapioca, one quart of water, juice and some of the grated rind of a lemon; soak the tapioca for three or four hours in the water, sweeten it and boil for one hour in a custard-kettle, or until quite clear, stirring it often. When almost done, stir in the lemon, and when sufficiently cooked, pour into moulds. Serve with sweetened cream.

TO MAKE KUMYSS.—Take three quarts of good, rich, new milk and one quart of hot water, in which one-half pint of sugar is dissolved; when this mixture is lukewarm add three tablespoonfuls of hop yeast; set in a moderately warm place, stir often, and when it begins to sparkle (which will be in about one and a half hours), put it into strong bottles and cork tightly; keep in a cool place and in eight hours it will be ready for use. Draw through a champagne tap.

MEAT FOR INVALIDS.—The following method of rendering raw meat palatable to invalids is given by good authority: To 8.7 ounces of raw meat, from the loin, add 2.6 ounces shelled sweet almonds, .17 ounces shelled bitter almonds, and 2.8 ounces white sugar—these to be beaten together in a marble mortar to a uniform pulp, and the fibers separated by a strainer. The pulp, which has a rosy hue, and a very agreeable taste, may be kept fresh for some time, even in summer, in a dry, cool place. Yolk of egg may be added to it. From this pulp, or directly from the above substance, an emulsion may be prepared which is rendered more nutritious by adding milk.

BAKED MILK.—Bake two quarts of milk for eight or ten hours in a moderate oven, in a jar covered with writing paper, tied down. It will then be as thick as cream, and may be used by weak persons.

ORANGEADE.—Take of dilute sulphuric acid, concentrated infusion of orange peel, each twelve drachms; of syrup of orange peel, five fluid ounces; add two imperial gallons of water. Drink a large wineglassful at a time. It is an excellent summer beverage for the South, and is an antiseptic and anti-diarrhoea remedy.

PANADA.—Take two of the richest crackers, pour on boiling water, let stand a few minutes, beat up an egg, sweeten to taste, and stir all together; grate in nutmeg.

MILK PORRIDGE.—Place on the stove one pint of new sweet milk and a very little pinch of salt; when it boils, sprinkle sifted flour with one hand into the boiling milk, stirring all the while. Add flour until of the consistency of thick molasses; eat warm with a little butter and sugar. Or, mix the flour with a little cold milk until a smooth paste, and then stir into the boiled milk. Or, break an egg into the dry flour, rub it with the hands until it is all in fine crumbs (size of a grain of wheat), and stir into the boiling milk. Excellent for summer complaint.

OATMEAL PIE CRUST.—Make like the dough for crackers, but roll a little thinner. It bakes quickly, so that care must be taken not to scorch it in cooking the contents of the pie. It does admirably for pies that require but one crust, and is just the thing for those who do not think pastry wholesome. One can eat it as so much oatmeal mush and fruit sauce.

CRACKED WHEAT PUDDING.—To one quart of new milk add one-third cupful each of cracked wheat, sugar, a little salt and a small piece of stick cinnamon. Bake in a moderate oven two hours or more. When half done stir in the crust already formed. When done the wheat will be very soft, and the pudding of a creamy consistency. Serve hot or cold. A handful of raisins added is an improvement.

SAGO JELLY PUDDING.—Wash thoroughly one teacupful of sago, cook it till perfectly clear in three pints of water, adding a very little salt; stir in half a glass of currant, grape, or other jelly, and a little sugar. Mould and serve cold with cream and sugar.

RASPBERRY RELISH.—To each pint of clear berry juice add one pound of sugar ; boil ten minutes and bottle for use.

PARCHED RICE.—Cook, in a custard kettle, half a cupful of parched rice in one pint of boiling salted water ; when done serve with cream and sugar.

CREAM SOUP.—One pint of boiling water, half a teacupful of cream ; add broken pieces of toasted bread and a little salt.

VEGETABLE SOUP.—Two tomatoes, two potatoes, two onions, and one tablespoonful of rice ; boil the whole in one quart of water one hour. Sift, season, dip dry toast in this till quite soft, and eat ; this may be used when animal food is not allowed.

CURRANT SHRUB.—Make the same as jelly ; when cool, bottle and cork tight. Raspberry, strawberry, and blackberry shrubs are made in the same way. Dilute with two-thirds water in using.

BEEF TEA SOUP.—To one pint of hot beef essence made in a jar, add a teacupful of the best cream, well heated, into which the yolk of a fresh egg has been previously stirred ; mix carefully together, season slightly, and serve.

BUTTERMILK STEW.—Boil one pint of buttermilk ; add a small lump of butter, and sugar, or a teaspoonful of ginger and honey instead of sugar.

OYSTER STEW.—Remove all bits of shell from half a dozen fresh oysters ; place in a colander, pour over a teacupful of water, drain ; put the liquor in a porcelain-lined saucepan, let come to a boil and skim well ; pour off into another heated dish all except the sediment. Wipe out the saucepan, return the liquor with the oysters ; let come to the boiling point, add a small lump of good butter, a teaspoonful of cracker dust, a very little cayenne pepper, salt, and half a teacupful of fresh, sweet cream.

BEEF TEA.—Cut a pound of the best lean steak in small pieces, place in a glass fruit jar, cover tightly and set in a pot of cold water ; heat gradually to a boil, and continue boiling steadily three or four hours, until the meat is like white rags and the juice thoroughly extracted ; season with very little salt, and strain through a wire strainer. Serve either warm or cold. To prevent the jar from toppling over, tie a string around the top part and hang it over a stick laid across the top of the pot. When done, set the kettle off the

stove and let it cool before removing the jar. Or, when beef tea is wanted for immediate use, place in a common pint bowl, add very little water, cover with a saucer, and place in a moderate oven ; if in danger of burning add a little more water, or pour off the liquid. To make beef tea more palatable, freeze it. Cut lean beef in small pieces, cover with water and set on the back of the stove where it will extract the juice from the meat without cooking. The liquid should be clear and strong. Salt to taste.

RAW BEEF TEA.—Cut up lean, fresh, meat, and soak eight or ten hours in a small quantity of cold water. This is good after severe cases of typhoid fever.

CINNAMON TEA.—To a half-pint of fresh new milk add stick or ground cinnamon enough to flavor, and white sugar to taste ; bring to the boiling point, and take either warm or cold. Excellent for diarrhœa in adults or children.

GOOD TOAST.—Toast slices of bread without scorching, crush the outside, lay on a warm soup plate, cover with milk, or milk and cream ; sprinkle with a little salt. Cover all with a large bowl resting on the plate. Put this in a warm, not very hot oven, two or more hours. The milk will evaporate and its substance be condensed in the toast, while the cover will keep the toast moist. A little butter may be eaten on it, though it is more delicate without.

RASPBERRY VINEGAR.—Pour one quart of best vinegar over two quarts of raspberries in a stone jar, let stand twenty-four hours ; strain, and pour liquor over two quarts of fresh fruit, and let stand as long ; allow one pound of sugar to a pint of juice ; put into a stone jar and set in boiling water one hour ; skim well, bottle, and seal tight. Dilute with water.

BARLEY WATER.—Add two ounces of pearl barley to half a pint of boiling water ; let simmer five minutes, drain and add two quarts of boiling water ; add two ounces of sliced figs, and two ounces of stoned raisins ; boil until reduced to a quart ; strain.

RICE WATER.—Wash four tablespoonfuls of rice ; put it into two quarts of water ; boil down to one quart ; add sugar and a little nutmeg. A pint or half a pint of milk added to the rice water, before it is taken from the fire, gives a nourishing food suitable for

cases of diarrhœa. Sago, tapioca, barley, or cracked corn can be prepared in the same manner.

OATMEAL WAFERS.—Use equal parts water and oatmeal; make so thin that when done it will not be thicker than a knife-blade, and almost transparent. Bake very slowly until quite dry, watching that it may not scorch.

ALUM WHEY.—Mix half an ounce of powdered alum with one pint of sweet milk; strain and add sugar and nutmeg; it is good in hemorrhages.

USEFUL KNOWLEDGE.—*To drop medicine without a dropper:* Shake the bottle to moisten the cork. With the wet end of the cork moisten the edges of the mouth of the bottle, then, holding the cork under the mouth, let the fluid pass over the cork in dropping. *A Self-holder for a Spoon.*—In dropping medicine into a spoon, place the handle between the leaves of a closed book lying on the table, and then both hands may be used in dropping the mixture. *To Prevent Wearing Through the Skin when Bedridden.*—Apply to the tender parts of the body with a feather, a mixture made by beating to a strong froth the white of an egg, and dropping in while beating two teaspoonfuls of spirits of wine. Bottle for use.

USEFUL ARTICLES FOR THE SICKROOM.—A rubber bag, holding two quarts, but to be filled only half or two-thirds full of hot or very cold water as required, so that it is flexible and useful; a pair of very long, loose stockings, knit of Saxony wool, or other soft yarn, without heels, to draw on towards morning in fever cases, or to keep the patient warm when she is up. Every housekeeper should also have these and a pair of felt shoes.

THE NURSERY.

This should be the sunniest, pleasantest room in the house. If possible let it occupy a southeast corner, and be arranged conveniently and furnished simply. Finish the soft or hard wood floor in oil, and use rugs. These should be shaken daily to free them from dust. Wipe the floor frequently.

Let the furniture be of light wood, and durably made. Have shades, not drapery curtains, at the windows, which should open

easily from the top and bottom. Give each child a separate bed ; use a basket or small crib for the baby until old enough for a larger one, or a single bed. The baby's sleep will be sweeter and more quiet, and the mother's rest more refreshing.

Hang a few bright pictures on the wall ; though cheap, see that they are good ; arrange low bookshelves, and have a closet where the children may learn how to keep their playthings in order. Let each child have its own shelf or cupboard, but teach unselfishness and regard for others' rights, while respecting his own.

If the mother's room must be the nursery, let her arrange it, as far as possible, in the same fashion. In some cases, it is possible to have a nursery with playroom adjoining ; in most, however, one room is used for both purposes. Before bedtime, the children should go into another portion of the house, that the room or rooms be thoroughly aired by having the windows thrown open ; but the little ones must not come back till the air is warm.

Keep in a little closet in the nursery or mother's room, and out of the children's way, a bandage roll, a little lint, plaster for cuts, a pair of scissors, a sponge, castile soap, sweet oil, listerine, Pond's Extract, camphor, carbolic acid, ammonia, arnica, vaseline, some simple salve and liniment. When needed they will be at hand. A cushion with threaded needles, pins and safety pins, and a thimble, should find a corner on the shelf.

It should not be necessary to impress upon mothers the importance of constant and pleasant association with their children from birth. Be firm while gentle, loving while insisting on obedience, and sympathizing always. Hours for sleeping, eating, etc., should be regular, but not at the expense of the child, or common sense. Do not rock the baby to sleep, but do not let it form the habit of crying itself to sleep ; neither are necessary.

Let the habit of the mother be to care herself for the children morning and evening. Later on, she will find the evening hour with them productive of special confidence on their part, and of great assistance to her in understanding their individualities, and how best to guide and help them.

Two of the best books for an expectant mother, which should be bought early in pregnancy, are Mrs. Jenness Miller's "Mother

and Babe," and "Tokology" by Alice B. Stockham, M. D. These inform as to personal care, diet, dress, exercise, preparations for confinement, and what should be done at birth, if physician or competent nurse is not present. With the first book come patterns for a baby's wardrobe and directions for making, as well as some for the mother's use.

Where it is best to feed the baby, try cow's milk. If it is not assimilated, barley water, condensed milk, and "Prepared Foods" must be tried. Only sterilized milk should be used. This entails some work but it will be a source of health and may prevent death. A child using it rarely suffers from diarrhœa, constipation, or serious derangement of the stomach. Of course it must be diluted according to the age of the child. That may be done with sterilized water, or with fresh boiled water before sterilizing. Where a patent sterilizer is not at hand try this method.

In sterilization, the great thing is to keep the air excluded from the milk, for should it come in contact with it, even for an instant, the process would be rendered useless. Though boiling may do good in many cases, the germs of disease commence to develop as soon as the heat is removed, and no one can feel sure that the danger of infection is removed. Therefore, to attain the best results place the milk in bottles, cork them with cotton and subject them to steam. It is very important to have the bottle perfectly clean, not only to sight, but chemically pure. Do not use shot or sand, but insert a swab of flannel attached to a stick, in the bottles. Then, by the means of a little pearline, cleansing is easy. Careful rinsing is very necessary, and use a mild solution of borax or bi-carbonate of soda for the last rinsing. The swab, when not in use, may be kept in a solution of borax.

The best bottles are those with rounded bottoms and no shoulders or joints into which the milk can lodge, with large enough necks to allow the swab to enter easily. Hence a round, not a square bottle should be used. The simplest method for sterilizing milk is by means of the Arnold steam cooker, for in an ordinary steamer one is liable to break many bottles. However, it is possible to succeed, without going to the expense of a special apparatus, with a rack to hold the bottles in the steamer. If away from

home where a steamer is not obtainable, place the bottles in water and allow it to boil, but this process takes much longer to obtain complete sterilization than by the use of a close steamer. The advantage of the cooker is that after the bottles are in it they do not need attention till they are to be taken out.

Dilute the milk with oatmeal, barley, wheatlet, etc., before it is put in the bottles. The cooking will be an additional benefit. The milk should only come to within two inches of the top of the bottle. The wads of clean, white cotton, used as corks, allow the hot steam to pass back and forth through them, but effectually shut out the cold air both during the process of steaming and afterwards when the milk has cooled.

Much controversy has arisen as to the length of time milk should be steamed. It depends, in my experience, upon the quality and the freshness of the milk. If the milk comes right from the cow, be confident that the germs will be killed in a short time, but if the milk has been carried around in the cans of the milkman, it may take two hours' steaming to render it completely sterile. It is best to steam it as soon as it comes from the milkman. Test the perfection of work by putting away a bottle occasionally and keeping it in a warm place. If at the end of a week the milk is sweet, be sure that the work has been well done.

Steam the milk fully an hour. After taking the bottles from the steamer be sure and put them on a folded newspaper to cool; do not put them suddenly in a colder atmosphere.

If the cotton cork has been forced out by the heat, put it carefully back in its place, and steam that bottle ten minutes longer.

Open but one bottle at a time, and if the milk is not taken quickly by the child, pour only a portion of the contents from the bottle at first and reinsert the cork till the remainder is required. If all the milk is not taken, throw it away, as it is not wise to be economical where there is danger of the milk having absorbed fresh germs from the air as it has rushed in the moment the bottle was uncorked.

Though the water in cities is generally impure, the country supply is often bad, owing to poor drainage, surface water, etc. Of course there are degrees of impurity, but instances might be mul-

tiplied to show that water may be unfit to drink without the fact being detected before illness follows; or it may be of such a chemical nature as to give in excess certain substances which injure the system; and the object in sterilizing the water is to render it beneficial as well as harmless.

If sterilizing milk removes all deleterious germs, there is no reason why the same process should not be employed for water. Babies must have water; it is refreshing, life-giving. Often, when they are fretful, a small portion of water will cool the feverish mouths and work like a charm on the dispositions. Though boiling the water is beneficial, the sparkling gases which give flavor to the water partially evaporate in boiling. Especial care must be taken, for if any portion of unboiled water is left in the vessel used for the boiled water the whole process is futile.

The best way is to have pint or half-pint bottles with glass stoppers. Mellin's Food bottles are very convenient. Let the cold water run at least ten minutes from the faucet. Boil it in a clean, carefully rinsed tea-kettle. Put a silver knife or fork in the bottle, pour in three inches of boiling water, and rinse with this, so that if there are any impurities or any unboiled water left after washing the bottle, all will be removed. Then put in the silver knife again and fill the bottle. Be careful to put the stopper in at once, while the steam is rising, and keep the bottle carefully corked. It is very convenient to keep one or more of these bottles in the bedroom at night for the use of the little ones. The water may be kept cool on the window sill in winter, or on ice in summer. By this means all danger from impure ice is removed, and cool, refreshing water is a possibility.

The large bottles in which druggists keep Vichy are excellent for holding boiled water. The contents may be drawn off without uncorking. More or less air reaches the water whenever it is uncorked, and water will absorb germs from the air, but for all practical purposes, if the ordinary bottle with a glass stopper is quickly recorked after drawing off some water, and if the water is not kept in it very long, boiled fresh twice a day, no great harm will result.

Should the water be very impure in the first place, or the taint of disease or the presence of organic matter be suspected, it should

be filtered, boiled, put in a covered dish to cool, and when cool boiled again. Repeat the process three times. When once uncorked, the bottle should be emptied of its contents and a fresh supply obtained. By this means many infectious diseases would be checked in their course.

Where a journey is to be taken, it is well to sterilize a certain number of bottles, and the water will remain fresh for an unlimited time, as long as the bottles are kept corked. Put the clean and empty bottles in a close steamer, and subject them to live steam for half an hour. Then remove them and put the freshly filtered water in them to within two inches of the top. Cork them with wads of white cotton, put them back in the steamer and allow them to be subjected to intense heat for an hour or more. Water so sterilized will retain all its flavor and sparkle, and keep fresh as long as wished.

Do not discontinue the sterilization of milk or water until the child is three years old, or has passed its second summer, and it is always to be preferred to ordinary water in cases of sickness.

Do not be in a hurry to add to the baby's diet. As long as the child thrives let milk be given, unless something else is greatly craved. No meat should be given till the teeth are formed, no matter what the age may be.

After a child has cut all its teeth, which is usually between two and two and a half years, it may be allowed gradually to eat all foods that it is able to digest; and the mother should arrange the diet accordingly, as attention and forethought on her part in the child's infancy means good digestive ability when grown.

Prepare plain food for children, serve it in an attractive manner, let them eat until satisfied, but insist upon slow eating and thorough mastication. Each child has its own peculiarities, and what one can eat may injure another. The wise mother will study and provide for the individual needs.

Children require a great deal of fresh air, sunlight, and sleep. Cold weather should not prevent young infants from being taken outdoors in the late morning and early afternoon. In very cold weather, wrap it well and give it the air in the sunny part of the day. In warm weather, it should be brought in before the change of the evening air is felt.

Let the hours for sleep and eating be regular, and the older a child is before giving up the daily nap, the better. Many mothers wisely insist on the children's taking a rest hour until they are several years old.

There are several magazines published to aid young mothers in the physical, moral, and intellectual training of the baby. A study of the kindergarten with home application, will be of great service to all concerned.

A wise, intelligent mother will be able largely to keep her children well, and when sick she can generally care for them successfully. Ordinary accidents come under her treatment, and one of the advantages of the higher education is to give a woman better practical knowledge for home living.

Every mother should "grow up" with her children. The great need now as of old, is "good mothers." With these the prosperity of any people is secured, and fraught with danger the time when women cease to believe that

"A woman's crown of glory
Is the blessing of a child."

POISONS AND ANTIDOTES.

Poisonous substances may enter the system through the stomach, or by absorption or inhalation; in the form of solids, liquids or gases. Most frequently the poison is taken into the stomach, and the treatment here outlined, is directed toward poisoning from indigestion.

General Diagnosis of Poisoning.—A person may be supposed to be suffering from poisoning, if, soon after taking food or drink, he is seized with violent pain, vomiting, purging, and convulsions; or if he be attacked under the same circumstances with delirium, or great drowsiness.

General Treatment.—In every case of poisoning, with the exception of acids and alkalies, which must first be neutralized, the first thing to be done is to completely evacuate the contents of the stomach. Then give the proper chemical or physiological antidote, followed by such general treatment as the case may demand. For the first indication, the stomach pump, or long tube with fun-

nel, is best, by which the stomach may be thoroughly washed out. The funneled tube is easily introduced through the œsophagus; when in place, the funneled end is elevated and water poured into the stomach, then the funneled end is depressed and the water, etc., flows out, on the principle of the syphon. Repeat as often as necessary. The following substances are the most effective emetics: Apomorphia; one-tenth grain, hypodermically, is the most prompt and efficient. Ipecacuanha; powdered, thirty grains in water. Sulphate of zinc; thirty grains in water, repeat if necessary. Prompt and safe. Sulphate of copper; five to ten grains in water. Mustard; a tablespoonful in half a pint of warm water. Common salt; two tablespoonfuls in half a pint of tepid water.

Select that which can be most speedily obtained. The action of an emetic is facilitated if large quantities of fluid be swallowed. In selecting the proper physiological or chemical antidote, the kind of poison taken into the stomach must be considered, as indicated below. Stimulants should be employed if there are cold extremities, blue lips, pale face, or cold perspiration on the face. Of these none are better than strong, moderately hot, tea and coffee, given either by mouth or as an enema. Coffee is particularly useful in opium, aconite, or belladonna poisoning, as it is an antidote to these drugs. The same is true of tea, in poisoning by tartar emetic and corrosive sublimate. Alcohol should not be given when the poison is a narcotic. Ammonia, by inhalation, is very good. The extremities are to be kept warm by water bottles, hot bricks or hot blankets.

In poisoning from narcotics, prevent the patient from sinking into fatal stupor by slapping the skin with wet towels, rubbing with coarse cloths or brushes. Walking the patient around adds exhaustion to the already depressed forces. Alternate hot and cold douches are useful.

After there has been copious vomiting following corrosive poisons, mucilaginous drinks or demulcent drinks, such as milk, white of egg, oil, linseed tea, gruels, etc., must be given.

In every case of poisoning it is best to send for a physician at once. The following table will, however, prove useful in suggesting the proper line of treatment in every form of poisoning liable to occur.

If the kind of poison is unknown, provoke repeated vomiting, give demulcent drinks, stimulate if necessary, and use the "Multiple antidote," which is prepared according to the following formula:

R	Sat. Sol. Iron Sulphate	$\frac{2}{3}$ i j ss
	Water	$\frac{2}{3}$ xx
	Calcined Magnesia	$\frac{2}{3}$ i j
	Animal Charcoal	$\frac{2}{3}$ j

Keep the iron solution separately, and the magnesia and charcoal mixed in a bottle of water. When required for use, pour all into a bottle together, and shake. Give a wineglassful at a time. This is a perfect antidote to arsenic, zinc, and digitalis; delays the action of the copper salts, morphine, and strychnine, and slightly influences the salts of mercury.

POISONS AND TREATMENT.

ACETATE OF LEAD.—Give Epsom salts or diluted sulphuric acid; provoke vomiting; give bland liquids; give castor oil.

ACIDS.—Muriatic, nitric, oxalic, sulphuric. *Treatment.*—Give an alkali; cause vomiting; give bland fluids; secure rest; stimulate when needed.

ACID, CARBOLIC.—Give Epsom salts, dilute sulphuric acid and oil; produce vomiting; stimulate.

ACID, PRUSSIC.—Give dilute ammonia (hartshorn); chlorine water; solution of a salt of iron; cause vomiting; stimulate.

ACONITE.—Provoke vomiting; stimulate well; give black coffee.

ALCOHOL.—Produce vomiting; give ammonia and water.

ALKALIES.—Ammonia, lye, potash, soda. *Treatment.*—Give an acid (vinegar); cause vomiting; give bland liquids; secure rest; stimulate if necessary.

ARSENIC.—Fowler's solution, Paris green, Schule's green. *Treatment.*—Vomit immediately; give dialyzed iron and salt or hydrated oxide*; castor oil; secure rest; stimulate when needed.

BELLADONNA.—Jamestown weed, hemlock, toadstool, tobacco. *Treatment.*—Induce vomiting; give a purge; stimulate well.

*NOTE.—The hydrated peroxide of iron, for arsenic poisoning, is prepared as follows: Add strong ammonia to equal parts of the tincture of iron and water; strain through a fine cloth; collect the thick precipitate, and after washing out the ammonia, by shaking it in a jar of clear water, give a spoonful of the precipitate as it falls. Follow this with a large dose of castor oil.

COPPER SALTS.—Give albumen (eggs); cause vomiting; give bland liquids.

IODINE.—Cause vomiting; give starch and water; give bland liquids.

MERCURY.—Antimony, corrosive sublimate, tartaric acid. *Treatment.*—Provoke vomiting; use some infusion containing tannic acid; raw eggs and milk; castor oil; stimulate, if necessary.

NITRATE OF SILVER (Lunar caustic).—Give strong salt and water. Cause repeated vomiting.

OPIUM.—Chloral, laudanum, morphine, paregoric. *Treatment.*—Induce repeated vomiting; give atropia and strong coffee or tea; keep up respiration (electricity).

PHOSPHORUS.—Cause vomiting; give five grain doses of sulphate of copper; give doses of magnesia but no oil.

POISONOUS GASES.—Carbonic acid or oxide, sulphuretted hydrogen. *Treatment.*—Fresh air; artificial respiration; stimulation.

POWDERED GLASS.—Give large quantities of bread crumbs or mashed potato to envelop the glass; give emetic but do not allow it to pass into the bowels.

STRYCHNINE.—Provoke vomiting once or twice; give chloral and secure absolute rest.

MANNERS.

ETIQUETTE is the ceremonial code of society ; manners relate to individual behavior. Certain forms of etiquette prevail in all society, and a disregard of them implies ignorance or incivility. Where there are many social claims, a failure to observe them lays one open to severe criticism and final neglect.

It is as important however to exercise common sense here as elsewhere. There are a thousand and one points which may be learned by observing well-bred people or which will occur to one who practices thoughtfulness for others. A good memory is of great assistance. One may conform to conventional or social usages, may possess the arts of pleasing and yet be heartless, a fashionable devotee, a venerated rascal. To be well-bred, in its best sense, means that good manners are a part of daily living ; that the Golden Rule is the foundation of behavior and therefore all must strive to be considerate, patient, respectful, kindly, unselfish. If, as Emerson says, " a good behavior is the finest of the arts," it can be cultivated. " Small sacrifices, little courtesies, a kind spirit, insignificant attentions, self-control and allowances for the failings of others " are a part of good behavior and may become second nature through early training or determination.

Though this article gives the commonly accepted rules of society and mentions some of the habits which characterize a well-bred person, a book on social usages should be consulted for elaborate instructions in etiquette.

CALLS OR VISITS.

First Calls.—Return them within seven days. If an invitation to an entertainment immediately follows the call, return the call at once, and call again after the entertainment.

The first call should be made by the resident upon the later comer ; or upon strangers when desiring to show civility. In Washington this rule is reversed.

Formal Calls.—Make these once a year.

Hours.—The formal call is made between three and six.

Important Calls.—Those following a breakfast, dance, luncheon and dinner; a call in the city upon those who entertain in the country; a call upon a bride.

Information.—A gentleman must wait for a request to call upon a lady, unless he brings a letter of introduction or is asked to accompany a lady, a close friend of the former. An invitation to an "at home" or other entertainment gives him the entree to her house.

No young lady, visiting, should ask a gentleman to call on her until she knows the pleasure of her friends, and she should not fail of introducing him when he calls. No gentleman should call on a young lady without asking for her mother or her chaperon, and should leave cards for both.

A gentleman or lady calling upon the guest of a family should send up a card for the hostess, though unacquainted with her. This does not necessitate further acquaintance.

CARDS.

Use plain, medium-sized, white, unglazed cards, engraved in fine script. A gentleman's card should be very small and the name prefixed by "Mr." A lady's name should be prefixed by "Mrs." and "Miss." Husband and wife have separate cards. An unmarried lady should have her name engraved below her mother's or guardian's on the same card, for formal calls, the first year or two she is in society; later, she may use her own card. "Miss Reed" is the proper form for the name of the oldest daughter in the family, while the younger daughters use the whole name as "Miss Mary Louise Reed."

Address.—This is printed on the lower right-hand corner.

Number of Cards.—Leave one for each lady in the family. A lady may leave her husband's and son's cards in the hall when calling, or, if she is unmarried her brother's and father's. At a tea a lady leaves her card and those of her family. The cards of the young men must be individual but a family card may be left for the other members:

Mr. and Mrs. Reed.

The Misses Reed.

A card left at a tea discharges social obligations. A card sent in place of attendance, the day of the tea, does the same thing.

Leave a card for each member of the family, or send one to the hostess and one to the other members of the family, when not making the first call.

P. P. C.—When a lady is going away for some length of time she writes p. p. c. on her cards and mails them to her friends. These letters are from the French words “pour prendre congé,” meaning “to take leave.”

Reception.—Leave cards in the hall at an afternoon reception or tea. It is equivalent to a call. No separate card is left for a guest.

Wedding Cards.—They include invitations to a marriage, or entertainment, or both, and afterward the cards of the married pair, with their address, and the announcement card with the reception card of the bride.

When a bride is settled in her home she should send out cards for two or three reception days when her friends and acquaintances may call on her.

A gentleman calling on ladies at home with whom he is well acquainted is announced by a servant; if he is a stranger, he sends in his card.

If he wishes to call on one member of the family he sends his card to that one, adding that he would like to see all.

Gentlemen who have no time to call should be represented by their cards.

Cards are left at the end of the month after a death in a family where one is in the habit of visiting.

Strangers in town should send cards, with their address, by post, to those friends whom they would like to see.

Cards should be left within a week after an invitation to a ball, concert, theatre party or garden party. A call in person must not be answered by a card.

If a lady is invited to any entertainment by a new acquaintance, however the invitation may come, she should leave her card immediately and send a regret or acceptance. She should call within a week.

INTRODUCTIONS.

Two rules are considered binding in good society: No gentleman should be introduced to a lady unless her permission has

been previously given; no woman should be introduced formally to another woman unless the introducer knows it is mutually desired. A mother introduces her son and daughter, a wife her husband and a husband his wife without asking permission.

At a tea or large reception, a lady may introduce only the daughter or sister under her charge. At dinner parties, the hostess may introduce her friends to each other, but it is good form to consider the roof-tree a sufficient introduction for the occasion. The hostess introduces to a lady the gentleman who takes her to dinner, and all the company are introduced to any distinguished stranger present. Be careful to introduce shy people, or young people, and endeavor to say a pleasant word at the time to induce easy conversation.

The simplest form of introduction is the best, though a lady should give the title of her husband when introducing him.

This is the ordinary formula: "Mrs. Reed, may I," or "allow me to present," or "introduce, Mr. Hawley." Always present the gentleman to the lady, and when the sexes are the same introduce the person of the lesser to the one of greater age or importance.

A gentleman after being introduced to a lady should wait to be recognized before claiming her acquaintance. A gentleman takes off his hat to a lady, and when with a lady raises it when she recognizes a friend. It is also courteous for a young gentleman to recognize the presence of elders or superiors by lifting his hat. Casual introductions, as those out of doors, at lawn parties, or on the street, do not involve further acquaintance unless mutually desired.

Common sense must interpret etiquette, and a kindly, unselfish person will rarely offend or be offended. The best bred people are not easily hurt, nor do they hurt others. Be not in haste to impute neglect.

INVITATIONS, ACCEPTANCES, REGRETS.

All cards of invitation, except those to dinner, may be sent by post. An invitation to dinner and the reply must be sent by private hand. An invitation to dinner must be acknowledged by a call within a week. Invitations to luncheon are generally written

on note paper, and are rather informal. Invitations on visiting cards require no answer unless it is requested.

The daughter or daughters' names are frequently placed after the parents' on an invitation, but a son receives a separate card. Where there are several sisters in a family it is understood that but two will accept the invitation. Observe the formula of your invitation and answer it accordingly. In declining an invitation always give a polite excuse for absence. Never write "regrets" on your card. It is considered an insult. Send your card without additional word or write a note thus: "Mr. and Mrs. Gray," or "Mrs. Gray regrets that a previous engagement will prevent her accepting Mrs. Reed's kind," or "polite invitation."

In writing or answering invitations never use numerical figures for written numbers. Always use the present tense. The envelope of a formal invitation is usually all that shows to whom the invitation is addressed.

Invitations to a dinner are given in the name of the host and hostess; those to a ball, a tea, "at home," a garden party, etc., are in the name of the hostess only. Invitations to a wedding are in the name of the bride's parents, or if they are not living, in the name of the guardian or near relative. In some cases, when the mother is dead the oldest daughter's name appears with her father's for dinners, receptions, "at homes," though it is not common, but never for a wedding. She may issue cards for a tea in her own name. No lady invites to a ball in her own name. An "at home" card is used, with "dancing" written or engraved on the lower left-hand corner.

BALLS.—Formal invitations are sent to evening entertainments in the name of the hostess, as "Mrs. Tracy requests the pleasure, etc," or:

Mrs. Tracy,

At Home,

Wednesday evening, January eleventh, at
nine o'clock, 540 Mary Place,

with "Dancing" in the lower left-hand corner of the card. "R. S. V. P." is generally added to such invitations.

DINNER.—An informal invitation is usually written on note paper, in letter form and in the first person, thus :

“Dear Mrs. Smith :

Will you and Mr. Smith give us the pleasure
of your company to dinner, etc.”

The formal invitation is uniform, and is engraved or written :

Mr. and Mrs. Thomas Brown
request the pleasure of
Mr. and Mrs. Gray's company at dinner,
December thirteenth at seven o'clock,
462 Blank St. South.

The answer should be immediate whether an acceptance or regret. Never send a conditional answer. Simply say :

Mr. and Mrs. John Gray
accept with pleasure the kind invitation of
Mr. and Mrs. Thomas Brown to dinner
on December thirteenth
at seven o'clock.

or, if a regret :

Mr. and Mrs. John Gray
regret that a previous engagement prevents
them from accepting
Mr. and Mrs. Brown's kind invitation to dinner
on December thirteenth,
at seven o'clock.

Always repeat the day, date, and hour in the reply, to avoid possible mistakes. Sometimes cards are used instead of note paper. R. S. V. P., meaning “Please reply,” is put in the lower right hand corner. This ought not to be necessary, as it is very ill-bred not to reply immediately. If guests are asked to meet any distinguished person, mention it thus, on the card after the hour of dinner, or on an extra card, “to meet Mr. or Mrs. —,” etc.

Receptions.—“At home” cards are used for both day and evening receptions. The daughter’s name may appear under her mother’s, if desired:

Mrs. Summers

Miss Summers

At Home

Tuesday, November the tenth.

Four until six o’clock.

704 Ashland Ave.

Separate cards for a wedding reception read thus :

Mr. and Mrs. Brown at home, etc.

Teas, etc.—The visiting card of the hostess with “Tea at four o’clock,” or “At home from four until seven,” and date in the left-hand corner is all that is required. Visiting cards are also used for small entertainments, though informal notes are preferable.

Weddings.—The invitations are engraved on thick note paper, pure white, and without gloss; folded once to fit an inner envelope which is enclosed in an outer one, and sent out two weeks beforehand. They may be sent to either marriage or entertainment separately, as those to a church ceremony may include a larger number than are asked to the home entertainment. This is the formula:

Mr. and Mrs. Thomas Brown

request the pleasure of your company

at the marriage of their daughter,

Mary Elizabeth,

to

Mr. John Henry Gordon,

on Wednesday evening, September the tenth,

at seven o’clock.

673 Mason Ave.

Chicago.

This invites to a marriage and entertainment. Invitations to the church read, “request your presence,” or “the honor of your presence,” the name of the church being printed below the date. If only a few friends are invited for the ceremony, the entertainment invitation may read, “request the pleasure of your company at the wedding reception of their daughter,” the hours being given.

Marriages may be announced thus: "Mr. and Mrs. Thomas Brown announce the marriage of their daughter, Mary Elizabeth." A card to the bride's reception may be enclosed. Or, the married pair may issue cards thus:

John Henry Gordon
Mary Elizabeth Brown
Married

On Wednesday, September the tenth,
Eighteen hundred and ninety-two.

A card to the bridal reception may be enclosed. The invitation to a church wedding or the announcement of a marriage needs no reply. If you do not attend the wedding reception, send your card. All invited guests are expected to call on and entertain the young people during the year.

LETTER WRITING.

Write legibly, using simple language; spell correctly, punctuate carefully, and do not hurry. Read the letter before sending.

The conventional forms for letters are, "Sir," "Dear Sir," "My Dear Sir;" "Madam," "Dear Madam," "My Dear Madam." "Sir" implies distance; "Dear Sir" may be used between equals, though strangers; "My Dear Sir" expresses greater familiarity. With the first two addresses, end the letter with "Respectfully Yours," and "Truly Yours." "Sincerely Yours," "Cordially Yours," or, where close intimacy exists, "Affectionately Yours," may be used with "My Dear Sir." A lady should not sign herself "Mrs." or "Miss," though in writing to a stranger she should write the name in full, thus: "(Mrs.) Mary Blake," or "Mary Blake," with "Mrs. J. H." in brackets under "Mary"; or "(Miss) Emily Tower."

It is customary to address the letters of a married woman with her husband's name as "Mrs. John Smith," though many use their own name, as "Mrs. Mary Smith," in preference. A widow is known as "Mrs. Mary Smith." The eldest daughter is always "Miss Smith," omitting the Christian name.

Address "Mr. John Smith," or "John Smith, Esq." Never use both forms at once. If a letter is addressed to the Hon. James Gray, omit the Esq. When the son bears the father's name, address him as James Gray, Jr.

In a formal note, write the name of the person addressed at the commencement of the letter or in the lower left-hand corner at its close as, "To J. C. Lord, Esq." Ordinarily address a servant in this fashion: "To Mary Brown," and give the instructions in the third person, as "Mrs. Green desires, etc."

Never give a letter of introduction unless you are thoroughly acquainted with, and can vouch for the character of the person you desire to introduce.

TABLE MANNERS.

Be prompt in attendance. Never speak of what is unpleasant, if it can be avoided. Do not scold or find fault. Speak low, never interrupt one who is speaking, and address the servants quietly. Do not criticise nor indulge in high praise of the food. Choose interesting subjects of conversation. If obliged to leave the table, quietly ask to be excused. Do not lean on the table, and avoid noisy behavior, as moving of chairs or feet, tapping of fingers, jostling of dishes, clatter of knives and forks, or pushing back the chair when rising; lift it gently with the hand. Keep the elbows close to the side, and the feet in front of the chair. Sit easily erect, with legs bent at the knee. If anything is spilled or broken, do not notice it. Do not seek attention, but wait pleasantly till noticed.

Let the napkin lie unfolded on the lap. Take small mouthfuls; eat slowly, chewing with closed lips. Hold the fork in the right hand when carrying food to the mouth; use the knife only when necessary for cutting food or spreading butter. When the knife is not in use, rest it across the side of the plate. Place the knife and fork together diagonally across the plate when not in use.

Use a fork for breaking or eating fish, salad, croquettes, patés, potatoes, and other dry vegetables, pies, etc. Use a spoon for soup, soft puddings, preserves, ice cream, ices, tea, coffee, chocolate, oranges, and berries, except those served on the stem, which are to be taken in the fingers, dipped in sugar and eaten.

Celery, olives, grapes, etc., are also eaten with the fingers. Remove fruit stones and seeds from the mouth with the fingers, as well as the skins of grapes. Use a knife in taking off the skin of any fruit.

Break a slice of bread in pieces before buttering it, and rest it

on the plate, not the hand. Do not cut, but break open hot biscuit, muffins, gems, etc.

When questioned as to choice of food, answer definitely. Accept soup, though distasteful; let it remain before you. Refuse a second plate of soup. It is best to wait until nearly all are served before commencing to eat.

If it is proper to do so, be attentive to the wants of others. If the service is given over to attendants, avoid interference. If in doubt as to what is good form, observe those whose knowledge is sure and conform to their example.

MISCELLANEOUS.

Be courteous everywhere. Do not interrupt another who is speaking. Express a contrary opinion politely. Cultivate a pleasant, even-toned voice. Greet friends and acquaintances politely, not with "Hullo," or a similar expression. Avoid boisterous laughter, loud talking, and be especially guarded when conversing in a public place or conveyance. Do not look over the shoulder of one who is reading or writing. Rise when strangers or elderly people enter the room and remain standing until they are seated. If obliged to pass in front of anyone near by, ask to be excused. A gentleman opens and holds open the door through which a lady passes, though unacquainted with her. A lady bows and smiles her thanks which the gentleman acknowledges by raising his hat.

• In a car a gentleman offers his seat to a lady, a young person to one who is elderly, whether lady or gentleman, or to one heavily burdened, and such offers must always be recognized with thanks. A gentleman accompanied by a lady lifts his hat when he bows. One gentleman bowing to another accompanied by a lady, does the same. Always return a bow.

In this country, it is a lady's place to recognize a gentleman with a bow, which he acknowledges by lifting his hat. A gentleman walking with a lady carries her packages for her, but except in the evening, or for protection, or for the assistance of one who is infirm or aged, he does not offer his arm. A gentleman walking in the evening with two ladies offers only one his arm; the second lady may take the arm of the first.

Turn to the right when passing people and avoid crowding. A

lady is given the inside of the walk. Never eat in the street, stare in at the windows of private houses, nor laugh at the misfortunes of anyone. All questions of strangers should be asked and answered politely.

It is good form for those who are calling to withdraw as soon as it can be easily managed after later callers arrive. If the lady on whom a call is to be made is on the point of leaving the house, do not detain her with a call. Leave a card or call again.

Return a borrowed article as soon as possible with an expression of thanks. Be particular to show appreciation of favors received. Enclose a stamp when writing for information or asking a favor. Never read a postal or letter addressed to another, unless by personal request. Fulfil an engagement unless it is an impossibility. Be prompt in attendance at a church service or an entertainment, and remain quietly until the close.

It may seem superfluous to mention many of the above rules, but while both adults and children often show ignorance by their behavior, it is best to give them prominence.

THE TOILET.

BEAUTY and health constitute a royal inheritance ; one is the compliment of the other and to retain beauty or to restore that which is lost the laws of health must be duly observed.

Light and sunshine, plenty of pure air, pure water, wholesome food, and sleep are far better beautifiers than all the patents under the sun. Sunlight gives the cheeks a fresher tinge and a more delicate color than all the French powders and rouges. Keep the windows open as much as possible by day and at night. Pure air is a tonic to the resting system. Wash the body as well as the face frequently and regularly in pure water. The pores of the skin were not made to be clogged, and absolute cleanliness is the best and only safe cosmetic in the world. Eat wholesome and strengthening food, and exercise daily in the open air. A brisk walk, not a quiet stroll, in the early morning sunshine will set the blood tingling and bring a glow to the cheeks. Sleep smooths the wrinkles from the face, restores the shattered nerves, brightens the languid eye, and quickens the sluggish intellect.

Many women think that at twenty-five or thirty their beauty is gone. This is a mistake, for with proper care and minute attention to details of physical culture and hygiene, she does not reach the prime of her physical beauty till she has attained the age of forty or fifty. Earlier than this she may be a beautiful girl, but not a beautiful woman.

What causes old age? We are born with a certain amount of physical force and nerve power ; if we recklessly squander this in youth, we early become bankrupt. To prevent premature age, every avenue leading in that direction must be guarded.

A vigorous nervous system must be acquired and maintained ; nothing must be done that has a tendency to weaken it, and everything done tending to strengthen it. Tight lacing, tight, high-heeled shoes, heavy skirts and cumbersome wraps, which pinion the arms to the side and prevent free easy motion, that do not individually

seem much, but which in the aggregate are of great consequence, are interdicted. Avoid anxiety and the useless fret and worry which causes many a wrinkle; do away with unnecessary pain, and if nature gives warning that something is wrong somewhere, answer the signal immediately; the warning is not without a cause.

Moderation in eating and drinking, short hours of labor and study, regularity in exercise and rest, cleanliness, equanimity of temper, and equality of temperature, are the cosmetics to employ; and woman holds in her keeping the priceless gem of health, enriched with the costly setting, beauty.

THE FIGURE.

Properly conducted gymnastic exercises strengthen more sets of muscles than walking or rowing. From neglect of precautions in childhood, which seem trifling, but which are very important, there are few, if any, perfect forms. The shoulders are either too round or one is higher than the other; the neck is sunk too deep into the body or twisted; the figure is thick or thin, or all of a piece.

When the shoulders of a young girl show a tendency to become round, she must be made to throw her elbows well in the rear and her chest upward, and to sleep on her back. The neck should be carried straight, but without stiffness, so that the fleshy part below the jaw, may not form a double chin. In sitting down, the head and neck should be held up, the trunk erect, the shoulders low, and whether standing or walking, the body should be upright; but avoid leaning backward. The figure will be improved, the carriage also, by physical exercises.

In a perfect figure, the length from crown to sole measures the same as from tip to tip of the outstretched arms. The waist should measure one-third less than the hips, and the hips one-third less than the shoulders. When standing erect, the body should be lightly poised on the ball of the foot, and the weight thrown forward. A head well balanced soon comes to be well poised; shoulders well squared fill up the bodice; hips well held make the gown drape gracefully; and feet that come to the ground prettily come near to being pretty feet.

THE CARRIAGE.

Walking is not a hap-hazard grace ; to walk well is an accomplishment that requires ease, balance, and finish of movement. The head must not be thrown back, but held erect, naturally forward. When the figure is erect, a plumb line will fall from the ear to the shoulder, hip, knee and arch of the foot ; a plumb line from the chin would strike a point midway between toe and instep. Curve the back easily in at the waist and step as much as possible from the hip, that is, keep the knee nearly straight. The slightest flexure is sufficient ; it is excellent practice to walk ten minutes every morning holding the knee perfectly stiff. Do not tread flat footed. Let the toe and ball of the foot strike ground first, or just enough before, so that the ball and heel shall seem nearly to touch together. Throw most of the weight forward, therein lies the secret of a light, springy tread. Keep the body plumb, that is, do not oscillate from side to side, and let the arms hang easily from the shoulder.

It is well to practice for a certain period each day, walking after the fashion of the Orientals, partly undressed, either with bare feet or heelless shoes, so that the sole of the foot rests firmly on the ground ; the shoulders set back, the arms hanging lightly at the sides, and most important of all, on the head a flat vessel, which contains water, that must not be upset. This will insure a correct walk ; and a good carriage induces a good figure.

GRACE.

The secret of grace of the body, is suppleness of joint, and a series of exercises will render supple each separate joint in the body. Turn the fingers round and round on the axis of the hand ; turn the hand round and round on the axis of the wrist ; turn the forearm on the elbow, and the whole arm on the shoulder ; turn the head on the neck slowly and as far around as possible ; turn the trunk on the waistline ; the legs on the hips ; the lower half of the leg on the knee, and the foot on the ankle. A constant practice of this one turning exercise, every day for one month, until every joint is supple, will give easy grace and freedom of movement. The most important of the movements are those that turn the body on the waist, the legs on the hips, and the head on the neck.

OBESITY.

Rise early in the morning. Restrict the hours of slumber to seven, and take either a brisk walk or active exercise for half an hour before breakfast. Avoid all starchy and sugary foods. Turkish baths will greatly expedite the process. These three rules are requisite; there must be no indulgence in tempting dishes, no lying in bed later than seven, and no interruption of gymnastic exercises.

THINNESS.

To gain flesh, avoid fretting, irritability, and mental worry. Retire early, and sleep as late as the performance of necessary duties will permit. Before rising, drink a cup of warm boiled milk or cocoa, then take a warm, not hot, bath and dress leisurely. Drink neither tea nor coffee. Drink nothing of an acid nature, and use sugary and oily foods as far as possible. Eat slowly, and the daily exercise should be regular and moderate.

CHEST DEVELOPMENT.

The best local treatment is friction, the utmost care being taken, neither to chafe the skin nor to cause the slightest sensation of bruising. An effective treatment, but one that must be continued some length of time before any appreciable benefit is observed, is to bathe the chest freely at night with hot water to open all the pores of the skin, and then apply pure olive oil, without rubbing it in. It will all be absorbed before morning. Upon rising dash the chest with cold water, and pat it briskly to insure active circulation. Still another method is regularly and faithfully to follow a course of motion exercises for the head and neck. Drop the head forward, slowly and firmly, then drop it backward, then diagonally over the left shoulder, then over the right one, and turn it from side to side as far around as possible. This will develop all the muscles brought into active play.

THE SKIN.

The skin consists of three layers, the true skin lying underneath the cuticle which protects and covers. Besides the arteries, veins and nerves, the true skin contains millions of little glands opening by tiny tubes upon the cuticle, through which the processes of transpiration and respiration go on. The health and beauty of a skin

depend chiefly upon the free action of its pores. If they are choked by the application of foreign substances, black deposits will form and blotches will appear. The presence of lime and magnesia in hard water, combined with the fatty acid of soap, forms a greasy substance which fills the pores of the skin, inducing them to crack and widen. Thus the injury in using hard water on the skin.

To a healthy skin and beautiful complexion, a proper amount of sleep is absolutely essential. Everybody up to middle life, at least, should have from seven to nine hours' sleep out of the twenty-four. There is no time when the skin is so clear and smooth, face so plump, and eyes so bright, as after a night's long restful sleep. This should embrace the early hours of night, and should be in healthful apartments.

The surroundings and environments must tend toward a tranquil, easy, happy, satisfied disposition. Temperance and moderation must be observed in diet and exercise. Eat only good, plain, substantial food, with as little of sweets and fats as favors perfect digestion, assimilation and elimination. Moderate amounts of tea and coffee may do no harm, but they also do no good. The air breathed must be pure; it is impossible to have a good skin and breathe an atmosphere tainted with smoke, soot, sewer gas and other impurities.

A muddy or sallow skin is usually due to these impurities but there is often, in addition to the deleterious influence of impure air, a defective elimination of the waste products of the system; this is due to constipation of the bowels, and a lack of healthful activity in other organs. A glass of hot water, taken before each meal, has a tendency to render the skin soft, plump and smooth, and induces elimination through the sweat glands. At least once every day water should touch every part of the skin, and every part should be rubbed till rosy with a towel or brush. The water need not be cold; it should not be, unless the heat of the room or the season makes it agreeable. Do not be afraid to use soap on the face; if it makes the skin to shine, that is only because it has not been rubbed dry. Apply friction lightly and briskly with the palm of the hand, and the shine will disappear. White Castile is a good toilet soap.

The human body exhales perspiration to the amount of from two to three pints daily, and this, together with the dust that settles

upon the skin, is calculated to close up the pores. Never let perspiration dry upon the skin; remove the clothing and rub dry with a towel. Perspiration cools the skin and sends the blood inward. If it dries so, it causes a chill, but if the skin is rubbed the blood returns to the surface. Sun and air are as good for the skin as water. Make a habit of drawing a deep breath at every inspiration: the deep breathing is to the inside what bathing is to the surface. Ventilate well the bedroom: have sufficient clothing on the bed, but sleep with the window open at night, no matter how cold the air. Wash the face before retiring, to remove the dust and dirt of the day. Hot water is good for both face and hands, as it opens the pores; if followed by a dash of cold water and the skin is briskly rubbed, the blood is set in motion.

THE COMPLEXION.

If a physician does not prohibit Turkish baths, these will work wonders for a poor complexion, as all impurities are freed through the open pores of the skin. One or two baths only will not cause the skin to act freely, but a three months' course, regularly taken, will produce appreciable benefit. Where the Turkish bath is impracticable, the so-called Russian bath is the next best thing, and is particularly desirable for the face, neck, and arms, though great care must be exercised that it be not followed by a cold. Steam over a vessel of hot water, excluding the air by means of large towels, until the skin is thoroughly damp and moist; then sponge quickly and freely with cold water, drying rapidly, first with a rough towel, and then a fine one.

Next to this comes friction, gentle but frequent. After washing, rub the skin vigorously with a rough towel. If the skin be affected with pimples, this treatment will in all probability aggravate them at first, but in time they will disappear and the flesh become firm and smooth.

Hard water will never make a good complexion. If possible, always use rain water, or soft water; if this is not procurable, boil the hard water and allow it to cool. Borax in the water will soften it.

An excellent substitute for a sponge in the bath is a cheesecloth or flannel bag, filled with oaten almond meal, or bran and powdered

orris root, mixed with benzoin or borax. This makes the water pleasantly soft.

WRINKLES.

The skin of the face wrinkles for the same reason that the skin of an apple shrivels. The pulp of the fruit shrinks and contracts as the juices dry up, and the skin, once tight and smooth, now too large for its contents, shrivels and lies in folds.

A mechanical treatment, recommended to prevent the formation of wrinkles, is to slightly oil the fingers and gently rub the face in a direction contrary to the wrinkles. If the wrinkles are horizontal, rub vertically, and vice versa. This should be done at least once daily, and the operation continued for fully five minutes at a time. The fingers may be twice or thrice freshly oiled and the pressure should be even and firm. Wool fat is a valuable toilet adjunct for the treatment of crows-feet and wrinkles.

Where the wrinkles are caused by a peculiar habit of frowning or holding the features in any fixed position, care should be taken to break the habit, and to prevent the increase of the lines. The few very deep and strongly marked lines, visible on some faces from almost early childhood cannot be remedied, such as the two deep lines around the mouth or those that radiate from between the eyebrows across the forehead, or lie across the forehead horizontally.

To remove sunburn, treat with tincture of benzoin and water, a teaspoonful of benzoin to a cupful of cold water. Bathe the parts for several minutes night and morning, then dry gently with soft old linen. Avoid getting the mixture in the eyes.

Freckles are good wholesome adornments, nothing to be ashamed of, but they may be removed by applying lemon juice mixed with a little water.

Unless absolutely disfiguring, it is best not to interfere with superfluous hairs on the skin. The best treatment for their eradication, is electrolysis, and they may be removed by means of properly combined chemical solvents.

A frequent cause of the loss of eyelashes, is the formation on the lids during sleep, of a greasy paste, which hardens. If this is carelessly removed, the lashes are pulled with it. This deposit should be carefully washed away with tepid water.

THE NOSE.

The chief causes of complaint regarding the nose are redness and shiningness. Redness, due to indigestion, is only cured by careful attention to diet; if caused by bad circulation, general friction of the body, or massage, is necessary, and if this be taken in the form of Turkish baths, it will have a beneficial effect. If these are impracticable, a fairly good substitute is to sponge the body with a large sponge wrung out of cold water, dry with a rough towel as quickly as possible, and drink immediately a glass of hot water or milk. Bathe shining noses, if damp and moist, with alum water or benzoin lotion. The dry polish that generally appears after washing, is the effect of the soap used, or the result of hot or cold water, which affects differently various skins.

The commonest form of eruption is acne or blackheads around the base and on the tip of the nose, which may be defined as congealed perspiration, or an oily secretion, that turns black on exposure to the air. Turkish baths are an effectual remedy for these, and should be taken with unfailing regularity for a length of time. Frequently steaming the face over a bowl of hot water, and then rubbing the nose firmly, but not roughly, with the finger or a rough towel, will answer the same purpose. The blackheads may be squeezed out between the fingers, but the process must be often repeated, as they will reappear.

Another less common form of acne, sometimes appears on the forehead and around the nose. It looks like seed pearls sunk in the skin, and is caused from the inactive sebaceous glands, which, unable to get rid of their contents, swell and become hard. The best remedy is to prick them with a needle, press out the mass, and bathe the empty sac with toilet vinegar.

THE MOUTH.

The mouth is bound by no beauty laws, and has but one requirement, that it be shapely. The most beautiful shape is the "Cupid's Bow." In all cases, the lips should be a fresh, brilliant red. The lips are too frequently neglected, and, because sensitive, they deserve tender treatment. The best and simplest emollients are cold cream and vaseline, both harmless, while sweet olive oil, though

disagreeable, is often beneficial. A small quantity of either of these should be put on before washing or going outdoors.

Lip salve for coloring, should not be used, as it is a poor attempt at painting. Gentle friction with a rough towel is a good if not lasting method of imparting color to pallid lips.

The continued application of any perfume will render the skin hard, brittle, and liable to crack upon the slightest provocation.

Cracked lips are best and quickest healed with court-plaster. Cold sores on the lips are healed with medicated court-plaster. Canker sore in the mouth is cured with broken alum, borax, or bicarbonate of soda. If the mouth is washed out after each meal it will tend to keep the breath sweet. The dentist should be consulted at regular intervals, that he may discover the first approach of decay in the teeth. Keep the teeth free of tartar by occasionally drawing a slip of emery paper between them. Clean white teeth are beautiful, and only watchful care will keep them so. They should be faithfully brushed night and morning. Limewater is a good wash for the teeth, mouth and throat. To rinse the mouth night and morning with water in which are a few drops of listerine, is particularly desirable.

THE HAND.

From early youth the hand should be properly treated, if it is to be beautiful through life. A school girl may injure the shape and size of her hand by using it as a slate cleaner without the aid of a sponge. The hands should be thoroughly dried after washing, or the skin grows rough and chapped. The symmetry of the hand is spoiled if the nails are bitten. The use of gloves helps to preserve the softness of the hands, and they should be worn when sweeping or doing rough work.

The best way to use lemon for whitening the skin, and making it soft, is to cut the fruit in four parts, and apply the inner portion of the pieces to the back of the hand, rubbing it firmly up and down till the juice is exhausted.

Elder-flower water is good for use after washing. A soothing lotion is composed of four tablespoonfuls each of pure lemon juice, and best glycerine, and one teaspoonful of honey, dissolved in half

a pint of rose water. Apply this to the hands at night, covering them with old kid gloves cutting out the palm for ventilation.

Camphor ice is a valuable beautifier. To a small quantity of white wax (chemically pure), melted thoroughly, add a few drops of spirits of camphor, stirring it thoroughly into the liquid fat. When well-mixed and still warm, pour it into a small jar; when cold it should be of the consistency of cold cream. Apply it to the hands at night under gloves.

Perspiration, which makes the hands clammy and moist, frequently comes from no apparent cause, and unless the result of ill health, can be relieved, if not cured.

An ounce of powdered alum, dissolved in a pint of hot water, and then allowed to cool, may be used as a wash (left to dry on) twice or thrice daily for at least a month. Rice powder used after washing is beneficial. An excellent wash is made of four ounces of cologne and one-half ounce of tincture of belladonna, and may be rubbed on the hands several times a day.

Dry hands, where the skin grows rough and chapped in cooler weather, may be benefited by the use of some emollient that will soften and grease the skin, and thus prevent chapping. Vaseline is good for this purpose. Ordinary olive oil, used in small quantities, will have the same effect. Hands which dry slowly after washing, should be rubbed vigorously with a good-sized piece of soft white flannel.

Chilblains of the hands are not easily cured, and it is difficult to ward them off, as their attack usually depends upon the general health. As a rule they will run their course, but lotions may alleviate the pain and irritability. Soap liniment, to which has been added a few drops of chloroform, may be well rubbed into the afflicted parts, in front of a blazing fire, before the chilblain has broken. After it is broken, though these precautions taken in time may prevent the rupture, an ointment should be applied that contains a certain amount of carbolic acid or iodine, or a little boracic acid; spread it on a piece of medicated cotton wool, and apply to the raw surface.

To remove a wart, tie a stout linen thread securely around its base, close to the finger, and pull the ends of the thread tight, till

the excrescence has been cut through and shaven off even with the skin. Apply a strong solution of baking soda and water to the raw surface, and continue the application till the wound is healed.

THE NAILS.

A little care of the nails each day is a far better method of preserving their beauty than to wait until the cuticle has half covered them and the edges are rough and uneven, before giving them attention. The smallest, whitest hand in the world, will not be beautiful or slightly, if it be tipped with badly-shaped, ill-treated nails.

The nail-biting mania, though broken early, leaves its traces in permanently disfigured finger tips, which, instead of tapering almost to a point, are broad, flat and stumpy. Apply to the finger ends as a counter irritant a solution of bitter aloes, procurable of any chemist, and possessing a decidedly nauseous flavor. It has the additional advantage of being invisible after application.

A common nail brush is the best nail cleaner in the world, and should be used vigorously and faithfully. The scarf skin at the base of the nails should be gently pushed back with a towel or ivory presser, every time the hands are wiped, to preserve and show the beauty of the "half moon" or lunula. The free border of the nails may be treated with a knife or scissors and a nail file, while a presser should be used at their base to prevent the adhesion of the free margin of the scarf skin to the surface of the lunula and its growth forward with that part. The surface of the nails should never be scraped, nor the edges cleaned with any instrument sharper than the nail brush.

To prevent the nails from breaking, if they become brittle, pour a few drops of almond oil on the nail and rub it well with the finger of the other hand. Repeat nightly for some time, and encase the fingers in old gloves. For polishing the nails, rub with a dry piece of chamois leather, or preferably a nail buff, a simple contrivance for the toilet table made of a piece of curved wood with a handle and covered with chamois.

White spots on the nails are blemishes and each one the result of some bruise. There is no way to remove them, only exercise patience with extreme care of the nail till it grows out. The nails of some people are more tender than others and more susceptible to

injury; these should be carefully guarded against sharp or sudden contact with any substance, as a light touch is often sufficient to cause a bruise. Avoid using a sharp instrument at the base of the nail, as that is the most tender part, and the seat of the difficulty.

THE HAIR.

The head and hair should be kept thoroughly clean or the locks will grow scant and lifeless. Long hair should be cleansed once a month, oftener is not necessary. Short hair may be washed every day; it dries quickly, and no harm is done.

The use of soda, borax or ammonia in washing is a fault. They change the color, the roots are injured, and the fibers grow brittle and lifeless. To remedy hair splitting, the ends should be singed every six weeks to seal up the brittle hollow tubes, and if the hair is uneven, roll it in small twists, and singe these the entire length to catch all the ends.

A certain amount of dandruff is an indication that the system is in a healthy condition and performing its proper functions. The small colorless particles, that gather where the roots of the hair end in a soft pulp, are but the impurities thrown off from a healthy skin. To prevent too great a waste, and an unpleasant amount of dandruff, the head should be occasionally washed with a solution of one handful of salt in half a pint of rainwater. Soft rainwater is the most efficacious tonic in the world and the best soaps are tar and Castile. Applications of the salt wash keep the hair from falling out. Too much use of the comb at the toilet is not desirable, as the scalp is tender and the sharp teeth of the comb irritate it. Firm, steady strokes of the brush are far better.

The use of a hot iron on the hair is injurious, though one moderately hot may be used daily, with no other effect than to give it a soft gloss.

A fairly large brush should be used, neither very hard nor soft, with bristles long enough to go through the hair, not over it, reaching to the skin itself, and so invigorating the scalp. The hair should be divided in halves, and brushed carefully and well for at least ten minutes night and morning.

Hair brushes may be cleaned by dipping the bristles into very hot water, and plunging them immediately afterward into cold water

to prevent them from softening and loosening. Use ammonia or soda and water if the brush is very dirty.

THE FEET.

The tenderest parts of the body are the soles of the feet and they should be kept thoroughly clean, that the pores of the skin may act freely. Bathe the feet daily, and change the hose frequently. A woman's foot should rise at the instep, and be flat at the sole, for a firm grip on the ground in walking. Shoes should not have narrow soles, that curve out in a crescent shape, as they tend to contract the foot. Each toe should be apart from its fellow, not jammed one against the other, that it may have free play.

Corns are, almost without exception, the result of tight shoes. They are either hard or soft according to locality. If between the toes, and kept moist by perspiration, they are of the soft variety; those on the outside are hard. These are produced by pressure or friction, and are simply a protective growth, thrown out for the purpose of preventing injury to the tissues. They are painful at all times, but cause great agony when an accumulation of pus forms beneath them. The escape of this pus is prevented by the hardened and thickened cuticle, which must be poulticed or soaked in warm water, and then removed with a sharp-pointed knife. The entire corn may be taken out with a little care and patient work, without drawing a drop of blood. The application of caustic should be avoided. Immediate though temporary relief from a painful sore corn may be obtained by applying strong carbolic acid, on the tip of a cork, until time is found to remove it with the knife.

Bunions like corns are relieved by soaking in hot water. An onion poultice will draw out inflammation, and alleviate pain. Boil the onion whole, that none of the strength escape, and when quite soft, mash and apply in a soft cloth.

Ingrowing nails are painful and difficult to deal with. Chiropodists advocate splitting the nail up the center, but this can only be done by a skilful hand, as there is danger of cutting too far down. Use hot water, and after prolonged soaking scrape the nail with a penknife, a little at a time. Ingrowing is sometimes prevented by raising the nail, with the blunt edge of the knife, and inserting a bit of linen lint or cotton wool; if this is very painful, soak the roll

occasionally with carbolized oil. The nails should be cut squarely. Blisters may be prevented by rubbing the feet, after washing, with glycerine.

To cure intense perspiration of the feet, bathe them in tepid water once a day, if not oftener, and afterwards sponge with a strong solution of alum, prepared by dissolving an ounce of powdered alum in a pint of boiling water, and bottling for use; or use carbolic acid in the water. After the feet are dry, dust them with powdered alum. The stockings should be changed frequently, and if the affliction is chronic, they should be of wool or spun silk, as these absorb the perspiration.

Chilblains, in the preliminary stage, may often be frustrated by a good rubbing of the afflicted parts with camphor, before a good fire.

The extreme pointed toes of shoes may be kept in shape with a piece of wadding soaked in water, compressed into a plug, and allowed to harden in the shoe.

Dulled patent leather is restored to lustre and brilliancy by rubbing with a little butter on a soft flannel cloth.

MISCELLANEOUS.

BEDBUGS.—If they are in the walls and ceilings of the house, close doors and windows and burn sulphur, by pouring it upon live coals in an iron kettle placed in the middle of the room. Keep the room closed for twenty-four hours.

WAFER BISCUITS.—Rub a teaspoonful of butter into a pint of sifted flour; add a little salt, and with the white of an egg and warm milk, mix a stiff, smooth paste. Beat with a rolling-pin for one-half an hour, the longer the better; form into little round balls, size of a pigeon's egg, and roll till the size of a saucer. Sprinkle the baking pans with a little flour, and bake with care. These may be made of oatmeal, or different grains, cut in any pretty shape, and served with tea, or nourishing liquids.

BLUING.—Dissolve one ounce of pulverized Prussian blue, and one-half of oxalic acid in one quart of water. This will not spot.

BORAX.—Make a strong solution, so that a sediment will be left in the bottle. A few drops will remove stains from the hands, and help to heal scratches. Hard water may be softened with it. Dry borax laid on a canker sore in the mouth often cures.

BRUISES.—Apply coarse, wet brown paper. It will reduce swelling, and prevent great discoloration.

BURNS.—Limewater, olive oil, and glycerine, equal parts; apply on lint. Baking soda, the bicarbonate, has been found to cure burns or scalds, affording immediate relief when it is promptly applied. For a dry burn, the soda should be made into paste with water. Dust wet burned surfaces with powdered soda.

BURNING FEET.—Discard tight boots. Take one pint of bran and one ounce of bicarbonate of soda, put into a foot bath, adding one gallon of hot water; when cool enough, soak the feet in this for fifteen minutes. The relief is instantaneous. This must be repeated every night for a week or more. The burning sensation is produced by the pores of the skin being closed, so that the feet do not perspire.

CHARCOAL.—If laid cold on a burn, it will speedily cause the pain to abate. In an hour, if the burn is superficial, the flesh will seem nearly healed. It will sweeten tainted meats. Strewn over foul-smelling heaps, it will prevent unpleasant odors. It will purify bad water, and is a disinfectant if placed on shallow dishes around the room. It forms an excellent poultice for wounds and sores. A teaspoonful in half a glass of water often relieves sick headache.

CHICKADEES IN WINTER.—A cup of pumpkin seeds set on the window-sill will attract them, and they will become quite tame.

THE COMPLEXION.—Bathing it in water in which orange skins have been boiled will give a fresh appearance.

COSMETIC.—Pure glycerine and water, each two ounces, vinegar of cantharides one and one-half drachms. Apply at night and wash off in the morning with warm water. The outside cuticle will gradually be replaced by a new one—fair, soft, and velvety.

CURLINE.—Dissolve one drachm of spermaceti in one ounce of sweet almond oil by slow heat; then add three drachms tincture of mastic. Apply a little when dressing the hair.

EGG AND LIMEWATER.—To a wineglass of limewater add the white of one egg, beaten so that it will not string. Give this often to the patient in small quantities. It is excellent in obstinate vomiting and irritation of the stomach.

EGG PRESERVER.—Mix well twelve and one-half pounds of lime, three pounds of salt, one ounce each of saltpetre, pulverized huro bark, cream of tartar, four ounces of pure African Vo-ni-da, and put into twenty-five gallons of water. When well mixed, put in the eggs, letting the liquid rise four inches above them. The eggs will keep fresh for more than a year. *Another Recipe.*—Put one-half a pint of salt, one pint of unslacked lime, and three gallons of soft water into a jar that will hold six gallons. Put in the eggs slowly. If any rise, take them out. Fresh eggs will sink. This amount will preserve twenty-five dozen of eggs.

INFLAMED EYES.—Bathe frequently in warm salt and water. *A Blackened Eye.*—Bathe with very warm water, and apply raw beef.

FRUITS.—Grape fruit is almost as good as quinine for malarial

troubles, and pineapple frequently cures sore throat. Tomatoes are perfect liver regulators—they contain a very small portion of mercury. Oranges act on the kidneys beneficially, while lemons and grapes are efficacious in curing and preventing cancerous troubles. Water-cresses act on the lungs, and are said to be a cure for incipient consumption. They have marvelous tonic power, and refresh one after great fatigue. A diet of grapes as a cure-all has been proved valuable in hundreds of cases, and, if taken in time, jaundice can be cured by eating nothing but lettuce and lemon juice.

FURNITURE FILLING.—Mix two gallons plaster of Paris, one pint of flour, one ounce each of pulverized pumice-stone and prepared chalk; add one-half gallon of boiled oil, and one gill of Japan drying.

GRAHAM GRUEL.—Mix one tablespoonful of graham meal in four tablespoonfuls of cold water; stir it into a pint of boiling water; cook twenty minutes, then stir in half a teaspoonful of salt and cook ten minutes longer. Put a gill of this gruel into a cup, with half as much cream or milk, and serve hot. *Corn or Oatmeal Gruel.*—Mix half a cupful of the meal with a little water; add a pint of boiling water, and boil twenty minutes. Sweeten to taste and spice with a little nutmeg. This makes a nice light nourishment for the sick or convalescent.

HAIR LOTION.—One pint of rosewater, one ounce of cologne, one-half ounce of vinegar of cantharides. The scalp should be brushed briskly until red, and the lotion applied daily.

HAIR RENEWER.—Pour one pint of boiling water upon one ounce of oil of tar. Let it stand until cold, after stirring well. Skim and pour through a piece of cheesecloth, and add bay rum to give it a slightly milky appearance, after which add one-half ounce of extract of burdock root, and one-half drachm of tincture of lobelia. Brush the scalp thoroughly every day and apply renewer. Later, use two or three times a week.

HEMORRHAGES.—Bleeding from the nose may be stopped by lying flat on the back, with the head raised, and the hands held above it. The nose must be covered with a cloth filled with pounded ice, or wrung out of ice-water. The head should never be held over

a basin, as the position encourages bleeding. The blood may be received on a wet sponge. Or, make little, hard wads of paper, place between the lip and the jaw, pressing them up firmly under the nose.

When anyone coughs or spits up blood, the first thought is that it must be from the lungs. A slight knowledge of the characteristics of the blood from different parts that may come through the mouth will save much needless anxiety.

Blood from the lungs is always bright red in color, because it has just been purified by contact with the air. It is frothy, mixed with mucus, in small quantity, and is usually coughed up.

Blood from the stomach is dark red, almost black, is mixed with particles of food, comes in large quantities, and is vomited.

Blood from the mouth and gums is of a red color and usually mixed with saliva. Unless it has first been swallowed, it is not vomited or coughed up.

In hemorrhage from the lungs, the head and shoulders must be raised. Some physicians recommend a tablespoonful of table salt to be given in a tumbler of water. It is always safe to give cracked ice.

Bleeding from the stomach may be checked by the application of a mustard plaster over the stomach; cracked ice should be given and the doctor sent for.

In bleeding from wounds or recent amputation there are three things that may be done :

First, press the finger or the hand over the bleeding point.

Second, press on the main artery supplying the wound, or, if this cannot be found, apply a bandage as tightly as possible above the wound. An excellent tourniquet may be improvised by knotting a handkerchief loosely around the limb, thrusting a short stick through it and twisting it tight. The blood from an artery is bright red and comes in spurts with each beat of the heart, while that from the veins is a dark purplish color and flows in a steady stream. When the bleeding is from an artery, the pressure should be applied between the wound and the heart; when from a vein, the limb must be compressed beyond the wound.

Third, raise the part above the rest of the body, that the blood may drain out of it, and support it on pillows. It should be bathed

in ice-water and have ice wrapped in cotton cloths laid on it. If faintness ensues, the sufferer should not be immediately roused, as this is nature's remedy, and acts by lessening the force and activity of the circulation. If any part of the body has been cut off, it should be cleaned of foreign matter, and at once replaced, wrapped in cotton to retain warmth, and a gentle pressure kept on it to retain it in place. Circulation is often restored and the union made complete.

ICE CREAM.—To prevent its chilling the stomach, dust it with a little pepper. The cream destroys the taste of the pepper.

INSECTS.—A solution of cyanide of potassium will kill them.

KEROSENE.—Excellent clear, or in water, for washing windows. Do not use soap. Use a cloth on which it has been poured, to prevent irons from sticking, or to clean them while ironing. If spilled on the carpet, cover the spot with a thick layer of buckwheat or cornmeal flour. If the spot is fresh it will be removed in twenty minutes.

LIMEWATER.—Place a piece of unslaked lime, size is immaterial as the water will take up only a certain quantity, in a clean bottle, and fill with cold water; keep corked in a cellar or cool, dark place; it is ready for use in a few minutes, and the clear limewater may be used whenever it is needed. When the water is poured off, add more; do this three times, after which use new lime. A teaspoonful in a cupful of milk is a remedy for children's summer complaint, for acidity of the stomach, and when added to milk it has no unpleasant taste. When put into milk that would otherwise curdle when heated, it prevents its curdling. A small quantity will prevent the "turning" of cream and milk. It sweetens and purifies bottles which have contained milk. Some add a cupful to a sponge of bread to prevent it from souring.

MILDEW.—Make a soft paste of two parts powdered starch, one part salt, and the juice of a lemon. Apply with a brush and let the goods lie on the grass twenty-four hours. Or, dissolve two ounces of chloride of lime in one quart of hot water; then add three quarts of cold water and steep the cloth in this for ten hours. Or, mix oxalic acid, citric acid, and milk; apply to the cloth, rinse

well, and bleach it on the grass. Or, rub a mixture of soap, salt and starch on the spot, and place in the sun.

MOTHS.—Remove from the room or closet everything that burning camphor will injure. Leave all woolens, etc., hanging. Put a small piece of camphor into an iron dish on an iron or earthen stand; set it on fire; it burns quickly, and nothing should be near it. Leave the doors closed for an hour, then open them wide; remove everything and hang to air thoroughly.

OAK OR IVY POISONING.—Mix ten or twenty drops of bromine with one ounce of olive oil or glycerated vaseline. Apply three times a day.

OILCLOTHS.—Wash in milk and water, and varnish yearly.

TO EXTRACT OIL FROM MARBLE OR STONE.—Soft soap, one part; fuller's earth, two parts; potash, one part; mix with boiling water. Lay it on the spots of grease, and let it remain for a few hours.

ONIONS.—They break up a cold and, roasted, are a laxative. If there is a cough with a tightness in the chest, give the juice squeezed from roasted onions, to which sugar has been added to form a syrup. Grease the throat and chest with lard, in which onions have been fried, applying flannel afterward. For sore throat, apply a warm poultice of roasted onions. A raw onion eaten for supper often prevents wakefulness at night. Sliced, roasted onions, bound on the feet, are useful in breaking up a cold or fever. Sliced, raw onions placed in rooms where there are fever or smallpox patients, and changed every few hours, or when they begin to look green, or slimy, absorb much of the poison. Burn the onions immediately. The daily use of onions is said to prevent dysentery and fever. If onions are mashed fine and applied at once to a snake bite, the poison will be drawn from the wound. The onion should be raw in this case, and renewed at short intervals. The poison will show green on the poultice. To remove the odor from the breath, eat parsley and vinegar; from the hands, rub them with celery.

CRACKER PANADA.—Put three or four crackers into a saucepan and barely cover them with boiling water. Boil two or three minutes; pour off the surplus water, and add enough hot milk or

cream to soak them. Sweeten with powdered sugar. Good for an invalid.

A GOOD PASTE.—Take one pint of cold water and two heaping tablespoonfuls of flour. Put the flour in a pan, add a little of the water, stirring until smooth; then add the rest of the water, stirring slowly; place on the stove and stir constantly until it boils. After taking from the stove, add one-fourth of a teaspoonful of ground cloves to keep it sweet.

MEAT PATÉ.—Scrape a piece of lean beefsteak with a very dull knife. This removes the tender meat fibres, and leaves the tough connecting tissue; press the tender fibres into a thin cake or paté and broil on a toasting fork over a very hot fire. Season to taste.

PEARLS.—Keep in common, dry magnesia, instead of the cotton wool used in jewel cases, and they will never lose their brilliancy.

EXCELLENT TOOTH POWDER.—Mix equal parts of powdered chalk and charcoal with a little pure castile soap rubbed fine.

QUAIL ON TOAST.—Take a quail, split it down the back, remove the entrails and wipe it clean; after dredging with salt broil ten minutes over a clear fire. Serve at once on a slice of toast, laying the quail on the toast, breast up. A little butter may be spread on the bird before broiling, and flour sprinkled on it, if the invalid is not very sick.

RICE.—Fresh boiled rice, with the juice of roast beef or mutton, and served on a piece of toast is nice for those who need easily digested and nourishing food.

SALT.—With water, it makes an excellent gargle for a sore throat, and may be used as an emetic in cases of poisoning. A teaspoonful of salt in water is excellent to give for a hemorrhage, until a physician arrives. Wet salt, applied to a bee sting, gives quick relief. Salt is a mordant for many colors, and should be used in washing black dress goods, hosiery, etc., to set the color. It gives a fine polish to brass, and mixed with vinegar cleans mica in stove windows. Mixed with lemon juice or cream of tartar, it will remove rust from iron or steel. It aids benzine, ammonia or alcohol in removing grease spots, and causes a brilliant, white light, if a little is dissolved in kerosene. Rub the lamp chimney,

after washing, with dry salt. A deposit formed inside of wash-bowls, etc., may be taken off by rubbing in the same way. Rub dry salt into the scalp at regular intervals, to prevent the hair from falling and give a healthy tone to the skin. Strong salt and water is a good skin stimulant. Rub with a bath towel.

WATERPROOF SHOES.—Dissolve beeswax and add a little sweet oil. Before the shoes are worn, warm the soles and pour on the melted wax little by little, holding them close to the fire till it soaks into the leather; then add more till the leather ceases to absorb it. Coon oil softens and preserves leather, and castor oil will keep the soles from easily absorbing water.

TO KEEP SILK.—Silk goods should not be folded in white paper, as the chloride of lime used in bleaching the paper will impair the color of the silk. Brown or blue paper is better; yellow India paper is better still. Silk intended for a dress should not be kept in the house long, as lying in folds causes it to crack or split. White satin dresses should be pinned up in blue paper, with coarse brown paper on the outside, and sewed together on the edge.

A GOOD HARD SOAP.—Take six pounds of sal soda, six pounds of lard, three pounds of stone lime, and four gallons of soft water. Dissolve the lime and soda in the water, stirring it frequently as it boils; when dissolved, let it settle and pour off the liquid carefully; add the lard, and let it boil until it thickens, then stir in one ounce of sassafras oil. This soap is nice for laundry and toilet purposes.

YANKEE SHAVING SOAP.—Take three pounds of white bar soap; one pound of castile soap; one quart of rain water; one-half pint of beef's gall; one gill of spirits of turpentine. Cut the soap into thin slices, and boil five minutes after the soap is dissolved; stir while boiling; perfume with oil of rose or almonds. Use one-half ounce of vermilion for coloring.

TOILET SOAP.—A great deal in use is harmful. All the cheaper kinds are made up of inferior ingredients; of poor or rancid fats and strong alkalies. Pure uncolored soap is either yellow or white, and any other color comes from the use of dyes. The color in green soap is produced by chrome, rose color by cinnabar, and reds by aniline colors. The transparent soaps are no better than the

others except in appearance. They are made by dissolving dry tallow soap in alcohol. Plain white Castile soap is reliable, and can be used as a dentifrice, for the bath, and for a hair shampoo. Here are three recipes for pure soap that can be made at home. *Almond Soap*.—Finest lard, three ounces; bitter almonds, two ounces; sweet almonds, two ounces; oil of almonds, one ounce. If people would bear in mind how poisonous are many of the soaps for sale they would escape the skin diseases brought about by their use. Good soap costs but a few cents more than the poor, and in the end is much cheaper. *Glycerine Soap*.—Pure glycerine, three ounces; spermaceti, three drachms; pure fat, five ounces; essence of lavender, two ounces. *Rose Soap*.—White wax, one ounce; finest lard, five ounces; sweet almonds, two ounces; essence of rose, three ounces; eau de cologne, three ounces.

SNAKE BITES.—Make a stiff paste of the yolk of an egg and table salt. Apply at once.

STAINS.—Soak blood stains in kerosene, or moisten and rub thoroughly with soap, and let them wait sometime before washing. *Grass Stains*.—Wet them thoroughly with camphor before washing, and dry in the sun. Or, wet with soft soap and soda and place for twenty minutes in the sun.

STOVE CRACKS.—Fill them with a paste of equal parts of ashes and salt, mixed with water.

STOVES.—Rub, with the pipe, when putting away in the spring, with linseed oil, to prevent rusting. If rusted, rub with the oil, and keep a slow fire in them till dry.

TURPENTINE.—Good to remove fresh paint from woolen cloths, ink from white woodwork, and the soreness from bruises or swellings if carefully applied.

VINEGAR WHEY.—Take half a pint of hot milk, and stir one tablespoonful of strong vinegar into it and boil. When the clear whey separates from the milk it will be done. Strain off. Two tablespoonfuls of vinegar may be used, if it is not very strong.

RUSTY NAIL WOUND.—Smoke this, or any inflamed wound, over the fumes of burning woolen cloth, wool, or sugar, for fifteen minutes, and the pain will be taken out.

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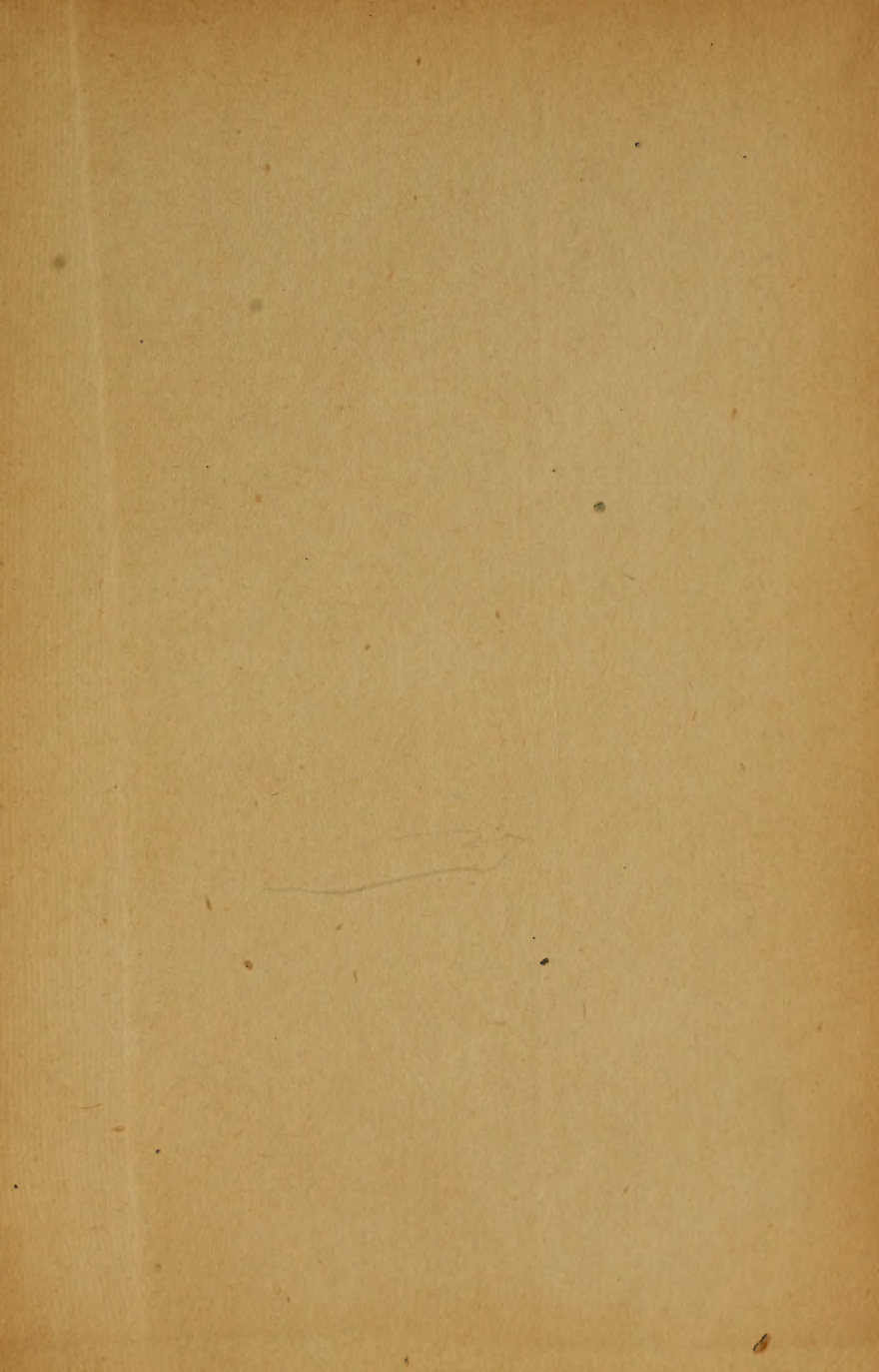
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